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# Speed & Agility Program

6-Week Progressive Development

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Gridiron Encyclopedia

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## Program Overview

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This 6-week speed and agility program is broken into three 2-week phases. Weeks 1-2 focus on technique: proper sprint mechanics, body positioning, and movement patterns. Weeks 3-4 increase intensity with faster reps and shorter rest periods. Weeks 5-6 push to competition speed with timed reps and competitive drills. There are 3 sessions per week: Session A (linear speed), Session B (change of direction), and Session C (plyometrics). Always begin with a thorough dynamic warm-up. Never train speed while fatigued — quality over quantity.

## How to Use This Template

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Fill in the "Actual Weight," "Reps Done," and "Notes" columns after each session. Track your progress week-over-week to ensure progressive overload. If you miss a rep target, note the reason and adjust the following session accordingly.

## Warm-Up Protocol

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- Light jog: 400 meters
- High knees x 20 yards
- Butt kicks x 20 yards
- A-skips x 20 yards
- B-skips x 20 yards
- Lateral shuffles x 20 yards each direction
- Carioca x 20 yards each direction
- Leg swings: 10 front-to-back, 10 side-to-side each leg
- Build-up sprints: 3 x 40 yards at 60%, 70%, 80%

## Week 1 — Phase 1: Technique (Weeks 1-2)

Target intensity: 80% effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | 80% effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | 80% effort |           |           |       |
| 40yd Buildups    | 3 reps      | 80% effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | 80% effort |           |           |       |
| L-Drill              | 4 reps      | 80% effort |           |           |       |
| T-Drill              | 3 reps      | 80% effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | 80% effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | 80% effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | 80% effort |           |           |       |
| Depth Jumps       | 3 x 3       | 80% effort |           |           |       |
| Broad Jumps       | 4 x 2       | 80% effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | 80% effort |           |           |       |
| Hurdle Hops       | 3 x 5       | 80% effort |           |           |       |

## Week 2 — Phase 1: Technique (Weeks 1-2)

Target intensity: 80% effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | 80% effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | 80% effort |           |           |       |
| 40yd Buildups    | 3 reps      | 80% effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | 80% effort |           |           |       |
| L-Drill              | 4 reps      | 80% effort |           |           |       |
| T-Drill              | 3 reps      | 80% effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | 80% effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | 80% effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | 80% effort |           |           |       |
| Depth Jumps       | 3 x 3       | 80% effort |           |           |       |
| Broad Jumps       | 4 x 2       | 80% effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | 80% effort |           |           |       |
| Hurdle Hops       | 3 x 5       | 80% effort |           |           |       |

## Week 3 — Phase 2: Intensity (Weeks 3-4)

Target intensity: 90% effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | 90% effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | 90% effort |           |           |       |
| 40yd Buildups    | 3 reps      | 90% effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | 90% effort |           |           |       |
| L-Drill              | 4 reps      | 90% effort |           |           |       |
| T-Drill              | 3 reps      | 90% effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | 90% effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | 90% effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | 90% effort |           |           |       |
| Depth Jumps       | 3 x 3       | 90% effort |           |           |       |
| Broad Jumps       | 4 x 2       | 90% effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | 90% effort |           |           |       |
| Hurdle Hops       | 3 x 5       | 90% effort |           |           |       |

## Week 4 — Phase 2: Intensity (Weeks 3-4)

Target intensity: 90% effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | 90% effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | 90% effort |           |           |       |
| 40yd Buildups    | 3 reps      | 90% effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | 90% effort |           |           |       |
| L-Drill              | 4 reps      | 90% effort |           |           |       |
| T-Drill              | 3 reps      | 90% effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | 90% effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | 90% effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | 90% effort |           |           |       |
| Depth Jumps       | 3 x 3       | 90% effort |           |           |       |
| Broad Jumps       | 4 x 2       | 90% effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | 90% effort |           |           |       |
| Hurdle Hops       | 3 x 5       | 90% effort |           |           |       |

## Week 5 — Phase 3: Competition (Weeks 5-6)

Target intensity: Max Effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | Max Effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | Max Effort |           |           |       |
| 40yd Buildups    | 3 reps      | Max Effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | Max Effort |           |           |       |
| L-Drill              | 4 reps      | Max Effort |           |           |       |
| T-Drill              | 3 reps      | Max Effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | Max Effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | Max Effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | Max Effort |           |           |       |
| Depth Jumps       | 3 x 3       | Max Effort |           |           |       |
| Broad Jumps       | 4 x 2       | Max Effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | Max Effort |           |           |       |
| Hurdle Hops       | 3 x 5       | Max Effort |           |           |       |

## Week 6 — Phase 3: Competition (Weeks 5-6)

Target intensity: Max Effort. Full recovery between reps. Prioritize form over speed.

### Session A — Linear Speed

| Exercise         | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|------------------|-------------|------------|-----------|-----------|-------|
| 10yd Starts      | 6 reps      | Max Effort |           |           |       |
| 20yd Fly Sprints | 4 reps      | Max Effort |           |           |       |
| 40yd Buildups    | 3 reps      | Max Effort |           |           |       |
| Wall Drives      | 3 x 5/leg   | Controlled |           |           |       |
| A-Skips          | 3 x 20yd    | Controlled |           |           |       |

### Session B — Change of Direction

| Exercise             | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|----------------------|-------------|------------|-----------|-----------|-------|
| Pro Agility (5-10-5) | 4 reps      | Max Effort |           |           |       |
| L-Drill              | 4 reps      | Max Effort |           |           |       |
| T-Drill              | 3 reps      | Max Effort |           |           |       |
| Lateral Shuffle      | 3 x 20yd    | Max Effort |           |           |       |
| Backpedal-Sprint     | 4 reps      | Max Effort |           |           |       |

### Session C — Plyometrics

| Exercise          | Sets x Reps | Target     | Actual Wt | Reps Done | Notes |
|-------------------|-------------|------------|-----------|-----------|-------|
| Box Jumps         | 4 x 3       | Max Effort |           |           |       |
| Depth Jumps       | 3 x 3       | Max Effort |           |           |       |
| Broad Jumps       | 4 x 2       | Max Effort |           |           |       |
| Single-Leg Bounds | 3 x 5/leg   | Max Effort |           |           |       |
| Hurdle Hops       | 3 x 5       | Max Effort |           |           |       |



# Progress Tracker

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| Week | 40yd Time | Pro Agility | L-Drill | Vertical | Broad Jump |
|------|-----------|-------------|---------|----------|------------|
| Wk 1 |           |             |         |          |            |
| Wk 2 |           |             |         |          |            |
| Wk 3 |           |             |         |          |            |
| Wk 4 |           |             |         |          |            |
| Wk 5 |           |             |         |          |            |
| Wk 6 |           |             |         |          |            |
| Wk 7 |           |             |         |          |            |
| Wk 8 |           |             |         |          |            |