
Speed & Agility Program

6-Week Progressive Development

Gridiron Encyclopedia

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Program Overview

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

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

- 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

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					