

Speed Program (Week 1 - Day 1)

Notebook: Boomstix Athletics (Speed Program)

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Week 1 (Day 1)

Prepare to Sprint

Always complete the **Day 0 Warm up** before performing any sprinting.

Form Drills:

1. Seated Arm Action - 3x10 seconds
2. Wall Drill 1 Count - 3x5 each

Acceleration Drills:

1. Falling Starts - 2x10yd (each leg)

(Rest: walk back after each rep)

2 Minute Break Between Exercises

2. Kneeling Starts - 2x10yd (each leg)

(Rest: walk back after each rep)

3 Minute Break Between Exercises

3. 40 Stance Starts - 6x10yd

(Rest: walk back after each rep)

5 Minute Break Between Exercises

3. 40 Stance Starts - 6x10yd

(Rest: walk back after each rep)