

Speed Program (Week 1 - Day 2)

Notebook: Boomstix Athletics (Speed Program)

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Week 1 (Day 2)

Prepare to Sprint

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

Form Drills:

1. Claw Drill - 3 x 5 each
2. Low Ankling - 2 x 10yd

Max Speed Drills:

1. Lateral Kneeling Starts - 2x10yd (each leg)

(Rest: walk back after each rep)

2 Minute Break Between Exercises

2. Push-up Starts - 3x10yd

(Rest: walk back after each rep)

3 Minute Break Between Exercises

3. 20 yard Build Ups x 8 Reps

(Build up for 20 yds. At the 20 yard mark, you should be full speed for 1-2 steps, then decelerate for 20yds)

**Rest for 2 minutes after each rep*