

EXAMPLE STRUCTURE OF A SPEED TRAINING PLAN

| | WEEK 1 | WEEK 2 | WEEK 3 | WEEK 4 |
|----------------------|---|--|---|---|
| WORKOUT 1 (MONDAY) | Pogo Hops: 3x10 CMJ's: 4x4 Squats 3x5 | Same, Except Squat 2.5-Skg More | Same, Except Squat 2.5-Skg More Than Week 2 | Same, Except Squat 2.5-Skg More Than Week 3 |
| WORKOUT 2 (TUESDAY) | Sprint Practice: Technical Drills | Light Sprint Practice: Technical Drills | Light Sprint Practice: Technical Drills | Light Sprint Practice: Technical Drills |
| WORKOUT 3 (THURSDAY) | Pogo Hops: 3x10 Bounds: 3x8 Nordic Curls: 5x3 | Same, Except Try To Slow Down On Nordics | Same, Except Try To Slow Down On Nordics | Same, Except Try To Slow Down On Nordics |
| WORKOUT 4 (SATURDAY) | Sprint Practice: 4x30m, 2x100m | Hard Sprint Practice: 4x30m, 2x100m | Hard Sprint Practice: 4x30m, 2x100m | Hard Sprint Practice: 4x30m, 2x100m |

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A Total Sprint Training Program For Maximum Strength

Hussin A.Rothana



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