



WARM UP & SPEED PROGRAM WEEKS 5 & 6

Warm Up Weeks 5 – 6 (30m zone set up 4 cones at 0, 10, 20 & 30m)

Video #	Exercise (ES = Each Side / OTS = On The Spot / WB = Walk Back)
1	Shuttle jog
2	6 x Functional Squats to 6 x Forward Lunges OTS
3	Rhythm Skip up
-	Jog Return
4, 5, 6	Walking Leg swings, Walking Quad Stretch, Walking Knee Hug
-	Jog Return
7	3 OTS run to Rear Lunge with Reach x 4 ES
8	Side shuffle to Squat 20m turn and jog 10m
8	Return Side shuffle to Squat 20m turn and jog 10m
9	Lateral Walk x 5 ES to Lateral Step Overs x 5ES and Repeat
10	Return Step Hop Rhythm 30m
11	Outs and Ins for 10m, Walk 10m, Outs and Ins 10m
10	Return Step Hop Rhythm (distance focus) for 30m
12	Carioca for 10m and return, jog 20m
12	Carioca for 10m and return, jog 20m

SPEED DEVELOPMENT PROGRAMS

Note: Due to players having speed on back to back evenings. Mon is dedicated to Acceleration and Explosiveness and Tuesday to Top Speed and Robustness.

MON Speed Development weeks 5 - 6 (30m zone)

Video #	Exercise
1, 2, 3	A March 10m to Stability switches OTS to A Skips 10m
4	4 x Progressive Cycles (Over ankle, Calf, Knee) 10m WB
5	Acceleration Wall Drill (Triple Switches x 5ES)
-	2 x 10m Strong Acceleration 1 min rest between reps
-	6 x 20m Strong Acceleration from Base position 2 min rest between reps

TUE Speed Development Weeks 5 – 6 (60m zone)

Video #	Exercise
6	A Skips x 8 ES to Run Through
-	2 x 10m Strong Acceleration
-	3 x 40m Sprint with 3 min Rest
-	3 x 60m Sprint with 4:30 min Rest