



# 10 Week Acceleration and Explosive Sprint Program

## (straight line speed)

FOR ALL ATHLETES WANTING TO  
IMPROVE THEIR SPEED UP TO 50M

**WARNING:** You should consult your physician or other health care professional before starting this program. This is particularly true if you (or your family) have a history of high blood pressure or heart disease, or if you have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high cholesterol or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising you should stop immediately. Exercise is not without its risks and this program may result in injury. If you feel unwell or feel any joint or muscle pain then stop immediately and consult your healthcare physician. ASSA takes no responsibility for any injury sustained in the undertaking of this program.

Ranell Hobson





## 10 Week Acceleration and Explosive Sprint Program

The program consists of 1 PDF file (this document) and 2 Video files which you will have downloaded simultaneously via the automated link sent to you at purchase via email.

Please contact Kip from ASSA via [kip@academyofsportspeed.com](mailto:kip@academyofsportspeed.com) if you have not received all of the files or have had difficulty in accessing them.

This program is designed to be used in conjunction with the downloaded video of the Dynamic Warm Up and the Various Start Positions.

The same warm up is performed before each session. There are 10 different conditioning phases which increase progressively over the 10 week program.

These programs may be performed once or twice a week with at least two days rest between sessions.

You will need cones to mark out the distances and a stop watch to time rests between reps and sets.

The video files consist of 1 Warm up program and 1 Starting types Instructional video, the program also includes 2 after session stretch programs.

This program cannot be completed **correctly** without watching the videos **before** commencing.



## DYNAMIC WARM UP – 15 to 20 minutes

The same Warm up is used in each session. The Warm up combines Technical drills with Dynamic Mobility and runs. With familiarity the warm up will become fluid and take less time. Each exercise below should be performed in succession. There are 16 steps in the warm up.

1. Jog for 5 minutes around a field.
2. Perform 8 Functional squats on the spot.
3. Perform 8 Posture Walks (4 on each side) travelling forward
4. Run 40m
5. Perform 3 Inchworms into 3 Spiderman mobility drills
6. Jog 10m Accelerate 30m and jog 10m
7. Perform the Russian Cossacks into Mountain Climbers into Dynamic Calf Stretch
8. Perform 4 Side Shuffles Left then 4 Side Shuffles Right and Repeat
9. Run 40m
10. Perform 8 Walking quad with Contra lateral reach (4 on each side)
11. Perform 8 Walking Knee Hug to Chest (4 on each side)
12. Perform the Hop Scotch Drill (8 repetitions with feet flat to the ground and with thighs parallel to the ground)
13. Run 40m
14. Perform 6 Running High Knees to Rear Lunge Stretch (3 on each side)
15. Run 40m
16. Perform the Ankling Drill for 10m and run into a strong acceleration for 20- 30 m.
17. Perform 8 A skips to 8 Step Overs
18. Run 40m

*At this time of a training session I suggest the athlete / player, Foam roll, Acu Ball or Stretch any tight spots or niggles that presented themselves in the warm up. DO NOT allow the athlete to cool down. If the athlete / player is ready to continue them move straight into the Conditioning phase.*

# CONDITIONING SESSIONS

## Week 1 – Volume = 340m

1. Complete 5 repetitions of a 20m sprint from a Push Up start. Have 1 minute rest between repetitions.
2. Complete 4 repetitions of a 30m sprint from a Standing start. Have 90 seconds rest between repetitions.

Have 3 minutes rest then repeat step 2.

## Week 2 – Volume = 360m

1. Complete 3 repetitions of a 20m sprint from a Push Up start. Have 1 minute rest between repetitions.
2. Complete 5 repetitions of a 30m sprint from a Falling start. Have 90 seconds rest between repetitions.

Have 3 minutes rest then repeat step 2.

## Week 3 – Volume = 370m

1. Complete 3 sets of 3 repetitions of a 30m sprint from a Standing start. Have 90 seconds rest between repetitions and 3 minutes rest between sets.
2. Complete 2 repetitions of a 50m sprint from a Rolling start. Have 3 to 4 minutes rest between repetitions.

## Week 4 – Volume = 400m

1. Complete 2 repetitions of a 20m sprint from a Push Up start. Have 1 minute rest between repetitions.
2. Complete 3 sets of 4 repetitions of a 30m sprint from a Standing start. Have 90 seconds rest between repetitions and 3 minutes rest between sets.

## Week 5 – Volume = 410m

1. Complete 2 repetitions of a 10m sprint from a Push Up start. Have 30 seconds rest between repetitions.
2. Complete 3 sets of 2 repetitions of a 40m sprint from a Standing start. Have 2 minutes rest between repetitions and 4 minutes rest between sets.

3. Complete 3 repetitions of a 50m sprint from a 10m Rolling Start. Have 2 ½ minutes rest between repetitions.

### **Week 6 – Volume = 400m**

1. Complete 4 repetitions of a 10m sprint from a Push Up start. Have 30 seconds rest between repetitions.
2. Complete 4 repetitions of a 20m sprint from a Falling Start. Have 1 minute rest between repetitions.
3. Complete 4 repetitions of a 20m sprint from a Push Up Start. Have 1 minute rest between repetitions.
4. Complete 4 repetitions of a 50m sprint from a Standing Start. Have 4 minutes rest between repetitions.

### **Week 7 – Volume = 400m**

1. Complete 4 repetitions of a 30m sprint from a Falling Start. Have a 90 second rest between repetitions.
2. Complete 2 repetitions of a 50m sprint from a Standing Start. Have 4 minutes rest between repetitions.
3. Complete 3 repetitions of a 60m sprint from a Standing Start. Have 4 ½ minutes rest between repetitions.

### **Week 8 – Volume = 400m**

1. Complete 4 repetitions of a 25m sprint from a Push Up start. Have 1 minute rest between repetitions.
2. Complete 3 sets of 2 repetitions of a 50m Sprint from a Standing start. Have 2 minutes rest between repetitions and 4 minutes rest between sets.

### **Week 9 – Volume = 430m**

1. Complete 4 repetitions of a 10m sprint from a Push Up start. Have 30 seconds rest between repetitions.
2. Complete 4 repetitions of a 40m sprint from a Rolling Start. Have 2 minutes rest between repetitions.
3. Complete 4 repetitions of a 40m sprint from a Standing Start. Have 3 minutes rest between repetitions.
4. Complete 3 repetitions of a 50m sprint from a Standing Start. Have 4 minutes rest between repetitions.

## Week 10 – Volume = 420m

1. Complete 4 repetitions of a 20m sprint from a Push Up Start. Have a 1 minute rest between repetitions.
2. Complete 4 repetitions of a 40m sprint from a Rolling Start. Have a 2 ½ minute rest between repetitions.
3. Complete 3 repetitions of a 60m Sprint from a Standing Start using Sprint / Stride / Sprint mode. Have 4 minutes rest between repetitions.

## COOL DOWN

Perform a relaxed jog progressing to a walk to decrease heart rate and return to a resting state. Then, stretch the muscles using the stretch sheets in a circuit format (one after the other), for two to three rounds (time permitting).

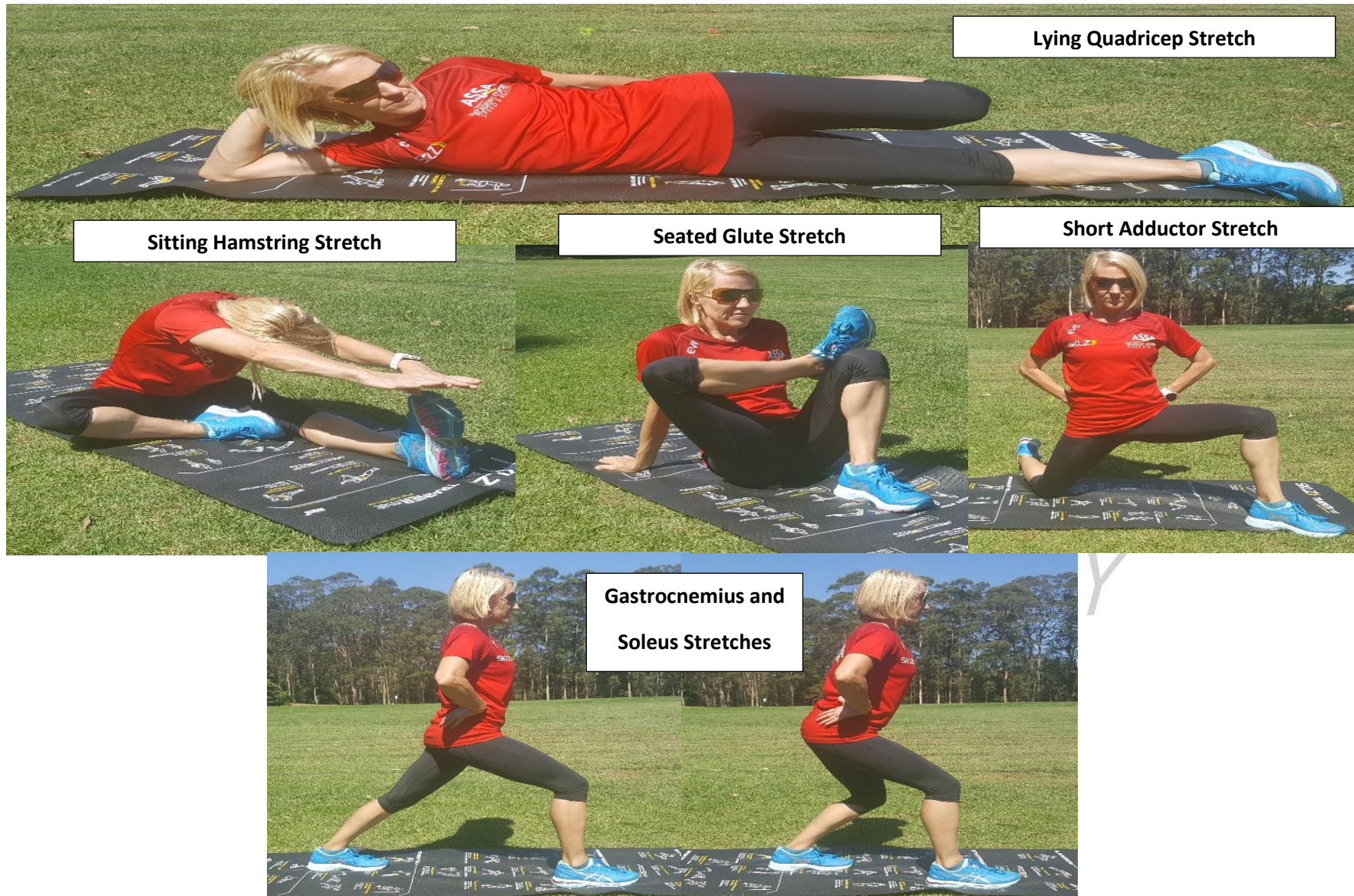
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SPEED & AGILITY

**Stretch Program # 1** Hold all stretches for 20 seconds and repeat 2 to 3 times (on each side).



**Stretch Program # 2** Hold all stretches for 20 seconds and repeat 2 to 3 times (on each side).

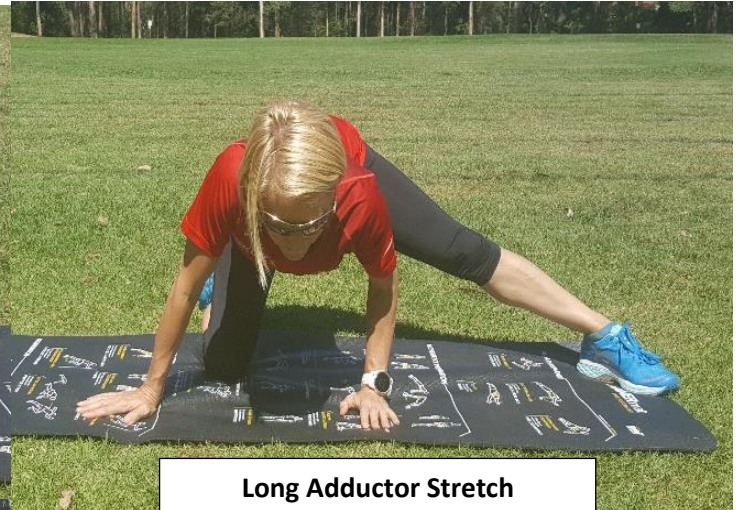
**Standing Quadricep Stretch**



**Lying Glute Stretch**



**Long Adductor Stretch**



**Down Dog Stretch**



**Calf Stretch**

