



# REPEAT SPRINT ABILITY

## LINEAR SPEED CONDITIONING PROGRAM for FIELD & COURT SPORT ATHLETES

**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





## **12 WEEK REPEAT SPRINT ABILITY PROGRAM**

### **for FIELD & COURT ATHLETES**

This program contains:

- Mobility and Technical Warm up
- 12 weeks of Repeat Sprint Ability Conditioning Sessions
- Full Body Stretch

Sessions may be performed once a week, or for superior results, twice a week with two days' rest between sessions.

You will need a stop watch to run these sessions.

The program consists of 1 PDF file (this document) and 1 Dynamic warm Up Video File.

Please contact Kip from ASSA via [kip@academyofsportspeed.com](mailto:kip@academyofsportspeed.com) if you have any troubles with your download or questions regarding this program.

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**NOTE:** This program is designed to be used in the conditioning phase of training, the warm up and conditioning phase should take approx. 30 minutes to allow ball and team training to follow before an extensive cool down.



## WARM UP PROGRAM

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. Shuttle jog – place 4 cones at 10m distances. Jog up to the fourth cone (40m) and return, then jog to the third cone (30m) and return, jog to the second cone (20m) and return, jog to the first cone (10m) and return. Total jogged distance = 200m
2. Perform 8 Functional squats on the spot
3. Perform 8 Posture Walks (4 on each side) travelling forward
4. Run 40m
5. Perform the Russian Cossacks into Mountain Climbers into Dynamic Calf Stretch
6. Perform 4 Side Shuffles Left then 4 Side Shuffles Right and Repeat
7. Run 40m
8. Perform the Plank Hip Mobility (4 on each side)
9. Perform the Hop Scotch Drill (8 repetitions with feet flat to the ground and with thighs parallel to the ground)
10. Run 40m
11. Perform 8 (4 on each side), Stability Hip Hinges on the spot
12. Perform 10 (5 on each side) Lateral Walk to Overs and Unders
13. Run 40m
14. Perform the Ankling Drill for 10m and run into a strong acceleration for 20- 30 m.
15. Perform 8 A skips to 8 Step Overs
16. 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. If the athlete / player is ready to continue them move straight into the Repeat Sprint Efforts.*



## REPEAT SPRINT EFFORTS

Stop Watch Use and Timing Example:

Session: Perform a 20m Sprint at 100% effort from a standing start every 30 seconds for 15 repetitions.

Start the team's first sprint on "Go" as you start the stop watch. Inform the athletes to walk back to the start of the sprint as the stop watch clicks over to 27 seconds your commands should be "READY" (on 28 sec) "SET" (on 29 Sec) and "GO" (on 30 sec). Continue until all 15 repetitions of 20m sprints have been completed.

Note: As the Sprint distances get longer, athletes are advised to walk back to the finish point and sprint the next repetition back to the start point.

WEEK	PROGRAM
1	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: Perform one 20m Sprint at 100% effort from a standing start every 30 seconds for 15 repetitions.
2	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: Perform one 20m Sprint off a 10m rolling start (30m) every 40 seconds for 15 repetitions.
3	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: Perform one 35m Sprint every 40 seconds for 15 repetitions
4	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: Perform one 45m sprint every 60 seconds for 15 repetitions
5	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: Perform one 45m sprint off a 10m rolling start (55m) every 50 seconds x 15 repetitions

6	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 45m sprint (push up start) on 45 seconds x 15 repetitions
7	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 50m sprint on the minute x 15 repetitions
8	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 50m Sprint off 10m rolling start (60m) every 50 seconds x 15 repetitions
9	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 60m sprint every 90sec x 15 repetitions
10	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 30m sprint turn arounds(*) 30m sprint every 90sec x 15 repetitions
11	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 60m sprint every 70sec x 15 repetitions
12	Sprint Prep: Perform a strong acceleration over 10m, have a slow walk back and repeat 3 times. Session: 30m sprint turn arounds(*) 30m sprint every 70sec x 15 repetitions

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## Stretches

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

Seated or Lying Glute Stretch



Long Lunge with elbow to ankle



Standing Quad with Reach



Sit and Reach (Hamstring & Low back)



Hip Flexor Stretch



Gastrocnemius and Soleus Stretch

