Building Team Speed

A Sprinting Program for athletes age 15 and up.

The 6 segments here are not to be done all in one day - work them in as one of the basic components of a full practice. For variety, run any two of the first five, followed by #6 as a regular end sprint.

Speed work can be intimidating and/or dangerous if done improperly, so follow these guidelines...

- Stretch before AND after each segment, or as needed throughout the workout.
- Expect results after 10 workouts - yes, 10 - the body takes that long to show significant physiological change.
- Train lighter the day before and after - as with any conditioning program - to reduce injury risk (especially if you do more than two segments).
- Plan workouts around any speed work - tired athletes are injury-prone.
- Water breaks, always.
- Don't allow injured athletes to perform, and monitor changes in performance which might indicate injury.
- Use an activity log to monitor your program and note modifications.

Segment #1: 3/4 Sprint
Repeat 3 times, with athletes lines up on baseline facing field.

- 180' sprint from standing start at 3/4 full speed.
- Jog backwards to starting point.
- 45 second break back at starting point, and repeat.

Segment #2: Prone-Sprint
Repeat 3 times, with athletes in multiple rows, lying face down in a T (arms perpendicular).

- On 'GO', get up and sprint 180' at full speed.
- Jog backwards to starting point.
- 60 second break back at starting point, and repeat.

Segment #3: Sit-Sprint
Repeat 4 times, with athletes paired up, each sitting perpendicular to running direction about 10' between them, legs in a 'V'.

- On 'GO' both get up and sprint 180' - trailing runner tries to catch lead runner.
- Walk back to starting point.
- 60 second break back at starting point.
- Lead and trailing runs switch and go again.

Segment #4: Slow/Fast Sprint
Repeat as many times as possible in 5 minutes...

- 180' forward sprint at fast speed.
- 180' forward sprint back to starting line at 1/2 speed.
- Repeat without a break.

Remember...

Sprinting isn't just running - it's power-running with a purpose. Everyone should start by knowing what full, 3/4 and half speed mean to them. Maybe have a coach count numbers aloud as players sprint full-out 90'. Then ask them all to multiply their count by 2 and try to reach the same goal in that longer count. (Then original count times 1-1/2.)

Segment #5: Chase Sprint
Once around the warning track...

- Team sets out on jog in single file.
- Trailing runner sprints to front of line.
- As he moves in front and slows, next trailing runner kicks in.
- Segment is complete when every runner has done a sprint (continue into second lap if needed).

Segment #6: End Sprint
Repeat 2 times...

- 360' sprint at 1/2 speed.
- Jog back to starting point.
- Repeat, with no break.