

The 30-Day Speed Development Program Chris Scarborough

This program is based on maximizing straight line speed in young athletes. It is a 30 day program used to correct common errors that inhibit speed, improve strength and power, and provide optimal strategy in improving time in short distance running events (40 to 110 yards).

Meet average Joe. Joe is a good, but not great athlete. He does, however, have a tremendous work ethic. So much so, that his coaches believe he could play division 2 football. He is one of the strongest players on the team in all lifts and is a "smart" player. He just lacks one thing -- SPEED. Joe's running errors are numerous and common. His errors are typically seen in many athletes. He has one month prior to starting football practice

HE CAN IMPROVE HIS SPEED!!

Note: Although not listed day to day, it is assumed that the athlete will cool down by performing a light jog or walk after each session, and stretch hips, legs and back after each session.

Day 1 -- Assessment

Joe is a typical 17 year-old athlete who plays a variety of sports, (football, wrestling, and baseball) and has been encouraged by his coaches to improve his speed in the off-season. The coaches tell him that straight ahead speed is the only thing keeping him from being a college level prospect. Other than having Joe run over and over again, the coaches are not sure of the best ways to improve his speed (primarily in the 40 yard dash). Testing is done on a track since that is how his coach times him.

Joe presents the following results for 5 trials of 40 yard sprints. Three minutes of rest allowed between sprint bouts to allow full recovery. Times were as follows:

Trial #1 -- 5.21 seconds

Trial #2 -- 5.17 seconds

Trial #3 -- 5.14 seconds

Trial #4 -- 5.18 seconds

Trial #5 -- 5.20 seconds

The following errors were found in his running technique:

1. Arms cross midline of the body on the follow through and did not drive backward well
2. Runs flat footed and feet turn outward (pronation), thighs turn inward
3. Poor technique getting off the starting line -- Steps backward before running forward
4. Does not run in a straight line
5. Rounded in the upper back
6. Slows down before getting to finish line
7. Shows signs of fatigue prior to fifth trial
8. Short stride

As long as this list appears, it is not unusual for young athletes to exhibit all of these problems. I estimate his 40 yard dash time can improve 0.3 to 0.5 seconds in the 40 yard dash. Beginning day #2, we will correct the problems. His errors are determined to be primarily technical in nature, since his strength is very good. However, it was also determined he followed more of a bodybuilding type workout regimen -- high reps slow to moderate speeds. The weight training protocol was changed to become more speed-strength oriented. The corrective program starts below.

As a general rule, the program will start with a primary focus on general technique improvement and general power development, and conclude with more focus on general technique maintenance and specific power development and specific technique training.

Also keep in mind that running speed involves a lot more than just the lower body. It involves a strong core -- the powerful motion of the legs put a lot of force through the core and it MUST be stable, especially the hips, obliques and transverse abdominals (to keep the trunk "square" to the finish line as well as keep the pelvis from tilting), and upper back stability to keep good posture throughout the sprint. Arms are also heavily involved as they drive backward and recover forward allowing the body to drive toward the finish line.

Note: There are descriptions and rationale for each exercise on day two. From there, each day will be written in a sets x reps format. When weight is used, other than body weight, it also will be listed. When rest period between sets is specific, they will also be listed.

The primary goals of this program are as follows:

- It will focus on stability and postural correction the first week as well as technique and flexibility correction – this alone will improve this athlete's speed (days 2 thru 8)
- The second week the focus will change to integration of techniques and conversion of strength to power. Maintenance of technique will be emphasized with all activities. Unnecessary exercises will be eliminated as integration of movements occur and intensity increases (days 9 thru 15)
- The third week will focus on coordination and continued high intensity work, while maintaining technique. Agility and power will continue to be developed (days 16 thru 22)
- The fourth and final week will focus on developing maximal power and speed. This week has intensity of training at its highest. Flexibility and stability are carefully monitored during this week because they were a weak link. They will be taxed to the max this week because the demand for stability is highest at great speed or resistance.
- Day 30 – the moment of truth – retest

Equipment needed: six medicine balls weighing between 2 and 4 Kg, mini-hurdles (8), and an agility ladder. The rest of the equipment is already at the track that I use – playground equipment, track, standard hurdles, a sturdy picnic type bench, and stadium steps – maybe even a few rocks!!

Day 2 -- Let the Training Begin!!

Warm-up -- Each drill (1, 2 and 3) is done over a distance of 20 yards at a perceived 50% intensity. Side stepping and carioca drills are done to each side. Athlete is allowed to walk back to start line. The push up and pull up are done well short of muscular failure, but difficult enough to cause fatigue. 1) Skipping drill forward and backward with emphasis on proper trunk position and bouncing off balls of feet 2) Side step right and left 3) Carrioca step right and left 4) Push up with focus on body position (to emphasize trunk stability and integration) 5) Modified pull up on bleacher step. Warm up is designed to increase core temperature and elasticity of muscle but also to correct many of the technique errors observed during assessment such as landing flat footed and trunk position while running. Arm motion is emphasized during warm-up 1, 2, and 3.

Arm motion practice -- 8 seconds x 3 sets with arm swing with stable torso and powerful backward motion. This is done to correct torso position and arm motion errors, as well as warm up the upper body.

Stretching -- 3 times held for 20 seconds each: hamstring, quadricep, hip rotators, hip abductor and adductor, calf stretch. Designed to increase the length of the stride and reduce injury risk.

Speed Technique Practice -- While every warm up drill and arm drill focuses on technique, this section specifically addresses problem areas. 1) 2-leg hops at half intensity with foot position changed to have feet pointed straight ahead, and 2) progress 2-leg hops to 1-leg hops 3 sets x 5 reps

Acceleration practice -- Get off the line by leaning forward to get a positive shin angle instead of stepping backward to gain momentum. Start by standing on both feet beside each other, come up on toes, fall forward, drive off one leg and land on the other on ball of foot x 5 reps x 10 yards

Upper body strengthening -- Push ups and pull ups performed at maximum speed with stable torso and no arching of back or lifting/dropping of hips. Performed for 10 seconds followed by pull ups at max speed for 10 seconds. Alternate push with pull with one minute rest break between exercises within a superset and 2 minutes rest between each superset

Lower body training -- Technique taught for medicine ball back toss and squat push press, with full squat and powerful jump

Stability -- Squats with body weight only with a belt around thighs 2 sets of 10, holding thigh position and foot position stable. This is done to strengthen the weak hip rotators and ankle evertors. Prone cobra is done improve upper body torso strength and posture

Day 3

Warm-up – at half speed

- forward and backward skipping 3 each direction x 20 yards
- side step 2 x 20 yards in each direction
- carioca 2 x 20 yards in each direction
- push up 2 x 10
- modified pull up 2 x 10

Arm motion practice -- 8 seconds x 4 sets Arm action drill as fast as possible with athlete sitting with legs extended

Stretching -- 3 times held for 20 seconds each: hamstring, quadricep, hip rotators, hip abductor and adductor, calf stretch. Designed to increase the length of the stride and reduce injury risk. Dynamic hip swings done to increase hip mobility in all planes for 10 swings in each plane on each leg.

Speed Technique Practice

- 1) 2-leg hops at half intensity with foot position changed to have feet pointed straight ahead 4 sets x 6 reps
- 2) progress 2-leg hops to 1-leg hops 4 sets x 6 reps

Acceleration practice -- Get off the line by leaning forward to get a positive shin angle instead of stepping backward to gain momentum. 5 x 10 yards

Upper body strength training -- Push soccer goal while maintaining sprint position -- arms extended. 2 x 20 feet, 90 seconds rest between sets

Lower body training -- Technique taught for medicine ball back toss and squat push press, with full squat and powerful jump. Bench jumps -- one foot on bench and explosively jump up 3 x 5 reps each leg

Stability -- Squats with body weight only with a belt around thighs 2 sets of 10, holding thigh position and foot position stable. This is done to strengthen the weak hip rotators and ankle evertors. Prone cobra is done to improve upper body torso strength and posture

Day 4

Warm-up – at half speed

- forward and backward skipping 3 each direction x 20 yards
- side step 2 x 20 yards in each direction
- carioca 2 x 20 yards in each direction
- push up 2 x 10
- modified pull up 2 x 10

Arm motion practice -- 8 seconds x 5 sets

Stretching -- Each stretch performed 3 times held for 20 seconds each -- hamstring, quadricep, hip rotators, hip abductor and adductor, calf stretch.

Dynamic leg swings to increase hip mobility in all planes 10 swings per plane per leg.

Speed Technique Practice

- Pawing Drill: Body is in vertical push up position (hands against wall). This drill keeps torso in the forward lean position while working on specific movements for the lower body: 3 x 10 each leg.
- 2 leg hop in box: Draw a box with chalk on the sidewalk - jump clockwise and counterclockwise with feet in proper position: 3 x 12 with 1 minute rest break between sets.
- Leg box hop: Same as 2 leg, only with 1 leg at a time: 3 x 12 with 1 minute rest break between sets. Draw a box with chalk on a sidewalk or use lines already in sidewalk. Box should have a + sign in the middle of it.

Upper body strengthening -- push ups and modified pull ups 3 supersets x 12 -- 90 seconds rest between supersets

Lower body training -- bench jumps 5 x 5

Stability -- squats with body weight only with a belt around thighs 2 sets of 10, holding thigh position and foot position stable. This is done to strengthen the weak hip rotators and ankle evertors. Prone cobra is done to improve upper body torso strength and posture.

Day 5

Warm-up -- same as before.

Arm action -- 8 sets x 6 seconds as fast as possible. It is noted that athlete performs this drill well consistently both as a separate drill and during actual running drills. It will be eliminated from the program as a separate exercise and the motion is integrated into other sprint activities.

Stretching -- same as before but add dynamic stretch of mummy walk and lunge stretch x 8 each leg

Speed technique practice --

1. skips over low hurdles keeping the feet pointed straight ahead and bouncing off ball of foot. 8 hurdles x 4 at 70% speed.
2. sprint at 80% perceived effort 5 sets x 40 yards. Acceleration incorporated into this part of the program – emphasis on first step forward. 80 second rest between sprints
3. pawing drill 6 x 10 reps

Upper body strength training/Lower body strength -- none today

Stability -- Prone cobra 12 x 10 second hold

Day 6

Rest

Day 7

Warm-up -- Same as before

Stretching -- Same as day 5 only add full squat and hold 10 seconds in bottom position

Speed Technique Practice -- skipping over mini hurdles 5 x 8 hurdles at 70% perceived top speed (single leg run through). Focus on posture, lower body positioning, arm motion and integrated movement of upper body with lower body.

Sprint Training and Acceleration -- 30 yards x 8 with emphasis on rapid start and first step forward. Effort is at 100% effort out of blocks and first 10 yards. Remainder of sprint is on sprint technique and learning to relax after all-out effort.

Upper body strengthening -- Quick hand change (push-up position) off medicine ball keeping back stable and hands under shoulders. 8 – 12 seconds until speed drops x 3 sets.

Lower body training/integration lower and upper body -- Full medicine ball back toss with 4Kg medicine ball. Athlete goes into full squat, explodes out and throws ball behind himself as far as possible 10 tosses with max effort. Squat push press – athlete squats down with 3Kg medicine ball in position of a front squat, explodes out and throws ball as far as possible.

Day 8

Rest

Day 9

Warm-up -- Same as before, however, regulation hurdles are used at lowest level as skipping drill is done to increase bringing the knee up (single leg run through). Focus is on coordination of the movement and stretching of the hamstrings. Another drill is the skipping lateral bringing a straight leg over hurdle and accelerating it down once it clears the hurdle. The final exercise is the bench hop up and over at half speed.

Stretching -- Over/under hurdle drill to increase hip/leg flexibility and coordination. All other stretches remain the same.

Speed Technique Practice/Acceleration -- Push up position to sprint position then accelerate out 20 yards x 8 with 1 minute rest between intervals. Partner assisted lean/accelerate – athlete gets on toes, leans forward while partner holds up. Body must maintain alignment. Partner lets go and athlete falls forward and accelerates out 5 x 40 yards with 90 second rest.

Upper body/lower body power -- power push ups super set with power pull ups – pull up as fast as possible and lower steadily continue each set until speed of movement slows x 3 sets. Stadium jumps (16 steps @18") x 3 sets using 2Kg medicine ball in a squat push press motion.

Day 10

Warm-up -- Same as day 9

Stretching -- same as day 9

Speed endurance -- the focus is on holding good technique, even as athlete gets tired. Program as follows:

- 3 set x 20 seconds at 80% top speed with 1 minute and 15 seconds rest
- 3 sets x 15 seconds at 80% top speed with 1 minute and 25 seconds rest in between
- 3 sets x 10 seconds at 80% top speed with 1 minute and 35 seconds rest in between

Hill run for acceleration -- 8 yards at approx. 30 degree incline x 3.

Power endurance – focus on technique even as the athlete gets tired. Line up all 6 medicine balls in a row about 5 yards in between each ball. Athlete performs squat push press explosively with each ball running to the next once ball is released. Athlete then runs to retrieve the balls and squat back tosses each one. This sequence is performed 3 times with 5 minutes rest between sets. I know it sounds like a lot of rest, but try this and you'll understand the rest break.

Day 11

Warm-up -- repeat day 9 warm up. Continue to focus on technique and coordination.

Stretching -- repeat day 9

Speed Technique Practice -- pawing drill 3 sets x 10 reps each leg. Push up position to sprint start position 5 sets x 5 reps per leg. Then have athlete stand facing coach, pull one knee to chest, come up on toe of the foot that is still on the ground. Coach holds athlete at shoulders, counts to 3, and lets

athlete fall forward into sprint position. Focus is on driving off grounded leg, not reaching with leg that was lifted. 5 sets x 5 reps each leg.

Upper body strengthening -- push ups and pull ups performed at maximum speed with stable torso and no arching of back or lifting/dropping of hips. Performed for 15 seconds followed by pull ups at max speed for 15 seconds. Alternate push with pull with one minute rest break between exercises within a superset and 2 minutes rest between each superset.

Lower body training – Stadium jumps 3 sets x 16 steps at 18" each. Land and jump from full squat position

Day 12

Rest

Day 13

Warm-up -- Same as before, however, regulation hurdles are used at lowest level as skipping drill is done to increase bringing the knee up. Focus is on coordination of the movement and stretching of the hamstrings. Another drill is skipping laterally bringing a straight leg over hurdle and accelerating it down once it clears the hurdle. The final exercise is the bench hop up and over at half speed.

Stretching -- Over/under hurdle drill x 8 to increase hip/leg flexibility and coordination. All other stretches remain the same.

Speed Technique Practice/Acceleration -- Push up position to sprint position then accelerate out 30 yards x 8 with 1 minute rest between intervals. Partner assisted lean/accelerate: athlete gets on toes, leans forward while partner holds up. Body must maintain alignment. Partner lets go and athlete falls forward and accelerates out 6 x 40 yards with 90 second rest.

Hill Run x 4 x 8 yards to increase acceleration power.

Upper body/lower body power -- power push ups super set with power pull ups – pull up as fast as possible and lower steadily continue each set

until speed of movement slows x 3 sets. Stadium jumps (16 steps @18") x 3 sets using 2Kg medicine ball in a squat push press motion.

Day 14

Warm-up -- repeat day 13

Arm motion practice -- 8 seconds x 3 sets with arm swing with stable torso and powerful backward motion. Even though this was previously eliminated from program, it is added for arm motion emphasis periodically.

Stretching -- (3 times held for 20 seconds each). Hamstring, quadricep, hip rotators, hip abductor and adductor, calf stretch

Speed Technique Practice -- pawing drill 3 sets x 10 reps per leg. Partner resisted start with forward body lean – coach resists first 4 strides, gradually lightens the resistance and athlete accelerates out 20 yards x 10.

Upper body strengthening -- Incline power push ups with feet elevated on bench and pull ups performed at maximum speed with stable torso and no arching of back or lifting/dropping of hips on push up. Performed for 10 seconds followed by pull ups at max speed for 10 seconds. Alternate push with pull with one minute rest break between exercises within a superset and 2 minutes rest between each superset.

Lower body training – Jump lunges 8 seconds x 5 sets for maximum height

Day 15

Rest

Day 16

Re-test #1

Warm up and stretch as usual, followed by 5 sprints at 40 yards. 3 minutes rest between each sprint.

Times as follows:

Trial #1 – 4.82 seconds

Trial #2 – 4.78 seconds

Trial #3 – 4.76 seconds

Trial #4 – 4.78 seconds

Trial #5 – 4.75 seconds

The coach should be very careful to watch for technique errors today. The reason is that often an athlete may be doing perfectly well in practice but go back to using old habits once the pressure is on.

Day 17

Warm up -- same as day 13

Stretch -- static stretch as usual. Regulation hurdles used to perform over/under drill x 10 and skip over x 10 with each leg -- hurdles in lowest position.

Sprints -- 90% effort x 10 at 30 yards. 90 seconds rest between bouts

Upper/Lower Body Integrated Power -- explosive squat push press x 12 with 4 Kg medicine ball followed by explosive medicine ball back toss x 12 with 4 Kg medicine ball

Day 18

Warm-up -- same as day 9

Stretching -- same as day 9

Speed endurance -- the focus is on holding good technique, even as athlete gets tired. Program as follows:

- 4 sets x 20 seconds at 80% top speed with 1 minute 15 seconds rest
- 4 sets x 15 seconds at 80% top speed with 1 minute 25 seconds rest in between
- 4 sets x 10 seconds at 80% top speed with 1 minute 35 seconds rest in between

Power endurance -- focus on technique even as the athlete gets tired
Line up all 6 medicine balls in a row about 5 yards in between each ball. Athlete performs squat push press explosively with each ball running to the next once ball is released. Athlete then runs to the retrieve the balls and squat back tosses each one. This sequence is performed 3 times with 5 minutes rest between sets.

Day 19

Rest

Day 20

Warm up -- same as day 17

Stretching -- same as day 17

Speed/Power development -- one foot speed hops 5 sets of 6 reps each leg. 2 minutes rest between each set. Hurdle jumps with 2 feet 5 sets x 6 reps with 2 minute rest in between

Hill Runs -- 8 yards x 6 at ~30 degree incline

Upper Body Power -- incline speed push ups as many reps as possible in 15 seconds x 4 sets followed by pull ups with parallel grip on monkey bars of playground as many as possible in 12 seconds x 4 sets. Each push and pull is alternated with no rest in between each exercise within the superset, but a 2 minute rest break after the superset.

Day 21

Technique Day -- reinforce all the proper techniques learned throughout the program. It also breaks the monotony of the same old program and allows the athlete to rest a little after strenuous workouts

Warm up and stretch as usual -- using high hurdle to do coordination skip/hamstring stretch

Static arm drills to keep arm swing moving properly 5 x 8 seconds

Skips over hurdle and skips without hurdle -- to keep technique on ball of feet and pulling knee high 8 x 8 of each at 60% to 70% speed

Acceleration drill -- get off line moving forward out of the gate 5 x 5 accelerate 10 yards then slow gradually

Forward one foot hop drill -- to keep foot from over-pronating

Day 22

Rest

Day 23

Warm up -- same as day 13

Stretch -- static stretch as usual. Regulation hurdles used to perform over/under drill x 10 and skip over x 10 with each leg -- hurdles in lowest position.

Sprints -- 90% effort x 10 at 40 yards. 90 seconds rest between bouts

Upper/Lower Body Integrated Power -- explosive squat push press x 12 with 4 Kg medicine ball followed by explosive medicine ball back toss x 12 with 4 Kg medicine ball

Day 24

Rest

Day 25

Warm up -- same as day 17

Stretching -- same as day 17

Speed/Power development -- one foot speed hops 6 sets of 6 reps each leg. 2 minutes rest between each set. Hurdle jumps with 2 feet 6 sets x 6 reps with 2 minute rest in between

Hill runs – 6 x 8 yards at ~30 degree incline

Upper Body Power – incline speed push ups as many reps as possible in 15 seconds x 5 sets followed by pull ups with parallel grip on monkey bars of playground as many as possible in 12 seconds x 5 sets. Each push and pull is alternated with no rest in between each exercise within the superset, but a 2 minute rest break after the superset.

Day 26

Warm-up -- same as day 9

Stretching -- same as day 9

Speed endurance -- the focus is on holding good technique, even as athlete gets tired. Program as follows:

- 5 set x 20 seconds at 80% top speed with 1 minute 15 seconds rest
- 5 sets x 15 seconds at 80% top speed with 1 minute 25 seconds rest in between
- 5 sets x 10 seconds at 80% top speed with 1 minute 35 seconds rest in between

Power endurance -- focus on technique even as the athlete gets tired. Line up all 6 medicine balls in a row about 5 yards in between each ball. Athlete performs squat push press explosively with each ball running to the next once ball is released. Athlete then runs to the retrieve the balls and squat back tosses each one. This sequence is performed 3 times with 5 minutes rest between sets.

Day 27

Warm up and Stretch as usual.

Sprint 6 x 50 yards at near maximal effort. Check for and correct flaws with athlete moving at top speed and at maximum effort.

10 consecutive broad jumps for distance x 5 sets. 10 reps are done consecutively – once athlete lands, he immediately jumps forward again.

Bench jumps for maximum height – one leg on bench and jump as high as possible and land on same leg on bench 5 sets x 5 reps per set per leg.

Upper body power – 2 supersets of chin up and incline push up combination x 12 seconds for max reps. 2 minutes rest between sets

Day 28

Warm up -- same as day 13

Stretch -- static stretch as usual. Regulation hurdles used to perform over/under drill x 10 and skip over x 10 with each leg -- hurdles in lowest position.

Sprints -- 100% effort x 3 at 30 yards. 3 minutes rest between bouts
100% effort x 40 yards x 4 sets. 3 minutes rest between sets

Day 29

Rest

Day 30 – Re-test day – the moment of truth

The final day is to test our athlete and his progress in the 40 yard dash as done on day 1. To keep things accurate, the test is done on the same track, hopefully under the same conditions. The time of day is the same. The shoes the athlete wears are the same, even what he had for breakfast. I know – I'm getting a little carried away, but the more the days are the same, the more you know how well your program has worked.

Warm up and Stretching are the same as in day 1. The athlete performs 2 sprints at 75% perceived intensity to get an idea of how to relax into a run.

I know the results are going to be good because the 75% runs are as good as his test runs on day 1.

Test results:

Trial 1 – 4.77 seconds – made first step back on start

Trial 2 – 4.68 seconds – corrected start

Trial 3 – 4.69 seconds

Trial 4 – 4.70 seconds

Trial 5 – 4.67 seconds

This athlete has improved to the highest expected level – about 0.5 seconds on the 40 yard dash.

One note: The more errors in the running technique, the greater the improvement in the time when the errors are corrected. It is not necessarily a bad thing to have an athlete with a lot of errors as long as they are driven to improve as Joe was. 0.5 seconds is not unheard of as far as improvement.

Exercise Descriptions!

Side stepping – moving right or left while facing forward, not crossing feet

Carioca – moving right or left while facing forward, alternating crossing feet in front and behind the other, while traveling in the same direction

Skipping – just like you think – only on ball of foot and moving forward and backward

Modified pull up – a horizontal pull up from a bleacher step or low hanging bar. Feet are in front of body, and knees may be bent. This allows one to lift less than their entire body weight

Push up – hands under shoulders, not the head and drop the shoulders toward the hands then return to starting position

Sprint arm swings – may be done seated or standing – with torso held in stable upright position, bring arms tight beside the body with elbows bent about 90 degrees. Focus on driving arms backward and let them spring forward. Once good technique is accomplished, you will actually bounce off the ground while seated.

Two leg and One leg hops – self explanatory

Acceleration drill – done to enhance starting direction and power – first step is forward
Medicine ball back toss – squat down, as if picking ball up from the ground in front of you, get the hips down and back (same as a power clean or deadlift position) explosively jump up and toss ball back over head.

Medicine ball squat push press – hold medicine ball under chin with hands on opposite sides of the ball. Squat down, jump up explosively, and throw ball.

Prone Cobra – Lie face down, tuck chin, tighten the glutes, extend upper spine, and externally rotate arms (turn palms outward), lifting them off ground as well. Also squeeze scapula toward each other.

Pawing drill – see program day 4

2 leg and 1 leg box hop – see program day 4

Mummy walk – stand upright, extend each leg upward and accelerate it toward the ground (try to kick outstretched hand without leaning over or flexing trunk)

Lateral lunge – spread legs beyond shoulder width. With feet facing forward, sit hips down and back to one side then the other

Skips over low hurdle – as one leg is lifted in a skip, it is lifted over hurdle is a rhythmic, coordinated motion

Sprints – full, straight ahead speed at a given distance

Push up position quick hand change – hands on medicine ball change hand that is on top of ball quickly until speed slows

Over/under drill (with hurdles) – walk over one hurdle in the low position and take a long stride and under the next hurdle. Only one stride between each hurdle

Push up position to sprint out – athlete begins in the push up starting position and quickly brings feet into sprint start position then accelerates out of this position quickly

Partner assisted lean/accelerate out – athlete gets up on toes and leans forward. Partner holds athlete at shoulders to keep athlete from falling forward. On count of three, partner lets go forcing the athlete to take a quick, long step forward and accelerate out.

Stadium Jump – using squat push press motion, medicine ball is extended over head as athlete jumps from one step to the next (about 18”)

Hill run – see day 10

Power endurance drill – see day 10

Lateral skipping drill over hurdle – using low level of hurdle, skip laterally while rhythmically bringing one leg over the hurdle with leg extended

I hope that you have enjoyed this program. Give it a shot if you have the need to develop speed.

If you have questions about this speed development program or any questions regarding the development of young athletes age 6 to 18 please send me an e-mail at coach@TrainingYoungAthletes.com or visit my website at <http://www.TrainingYoungAthletes.com>

I can also be reached by phone at 205-915-9614



Chris Scarborough CSCS, LPTA, has helped hundreds of athletes improve their speed, agility, strength, quickness and power as well as help them rehabilitate from injury. His speed, quickness, agility, power program has consistently improved 40 yard dash times of his participants by an average of 0.5 seconds. This movement-based philosophy requires little equipment and can be done in almost any open space.

Chris is the owner of Lean Advantage Fitness and <http://www.TrainingYoungAthletes.com> located in Trussville, Alabama. He is the producer of an upcoming CD audio product called *Taking Young Athletes to the Next Level.*

If you have questions or comments you may e-mail him at coach@TrainingYoungAthletes.com or call 205-915-9614, or visit <http://www.TrainingYoungAthletes.com> to sign up for his free newsletter.