



# SPEED DEVELOPMENT TRAINING PROGRAM

EXERCISE	SETS	REP/RANGE	REST
WARM UP: ANKLE, HIPS, GLUTE, TRUNK AND KNEES MOBILITY	1	10 SECONDS	N/A
ANKLING	3	10 METERS	15 SECONDS
A MARCH	3	10 METERS	15 SECONDS
B MARCH	3	10 METERS	15 SECONDS
TUCK JUMPS FORWARD	3	10 METERS	15 SECONDS
2 POINT START TO 5M	3	5 METERS	15 SECONDS
3 POINT START TO 5M	3	5 METERS	15 SECONDS
4 POINT START TO 5M	3	5 METERS	15 SECONDS
10M SPRINT TO STABILIZATION	3	5 METERS	15 SECONDS
10M SPRINT TO STABILIZATION TO ATHLETIC READY	3	10 METERS	15 SECONDS
10M SPRINT TO STABILIZATION TO ATHLETIC READY TO ACCELERATION	3	15 METERS	15 SECONDS
10M SPRINT TO STABILIZATION TO ATHLETIC READY TO ACCELERATION TO DECELERATION	3	15 METERS	15 SECONDS