

Day 1

Day 2

SPEED PROGRAM



Component		Exercise	Reps	Component		Exercise	Reps
MOBILITY	A1	Hamstring Pumps	x10 each side	MOBILITY	A1	Hamstring Pumps	x10 each side
	A2	Lying Crucifix	x5 each side		A2	Lying Crucifix	x5 each side
	A3	Lying Scorpions	x5 each side		A3	Lying Scorpions	x5 each side
	A4	Calf Pumps	x10 each side		A4	Calf Pumps	x10 each side
	A5	Inchworms	x5		A5	Inchworms	x5
DRILLS	B1	Wall Switches	2x5 each side	DRILLS	B1	Skater Hops	2x6 each side
	B2	Wall Double Switches	2x5 each side		B2	45 degree Hops w/stick	2x6 each side
WARM UP	C1	Pogo Hops	2x20m	WARM UP	C1	Pogo Hops	2x10m
	C2	A Skips	3x20m		C2	A Skips	2x20m
	C3	A Triple Switches	2x20m		C3	Carioca	2x20m each side
	C4	Carioca	2x20m each side		C4	Lateral Skips	2x10m each side
	C5	Bounding	2x20m	SPEED	D1	10m Acceleration: Rapid Deceleration	6 reps(shortening decel)
SPEED	D1	10m Acceleration	6 reps		D2	45 Degree Cuts	10m into 5m cut (2 sets)
	D2	20m Acceleration	5 reps		D3	S Runs: 4 Cones over 25-30m	6 reps
	D3	30m Sprint	4 reps		D4	Box Drill: Forward, Lateral, Back Pedal, Lateral	5 reps
Walk back recovery between reps							

WARNING

The following training programs have been developed as general training advice only. If you currently have any injuries or underlying health issues, please consult a fitness or health professional before completing.



BUILDING FUTURE JETS

