

# 4 Weeks to a Faster YOU

## Week 1: Establish Base Volume

	<u>Day 1</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	2	30 Yards@ 80% Effort	90 seconds	60
2	10 yard Drop In Sprint	4	30 Yards Total	2 Minutes	120
3	2 Point Start to Sprint	8	10 Yards	2 Minutes	80
	Cool Down			Total Dist.	260
	Perform movement portion of warm up at week 4 sets and reps				
	<u>Day 2</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	3	30 Yards@ 80% Effort	90 seconds	90
2	2 Point Start to Sprint	3	10 Yards	90 seconds	120
3	3 Point Start to Sprint	3	10 Yards	90 seconds	80
4	80% Tempo Sprint	4	30 Yards	90 seconds	120
	Cool Down			Total Dist.	410
	Perform movement portion of warm up at week 4 sets and reps				
	<u>Day 3</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	4	30 Yards@ 80% Effort	2 Minutes	120
2	10 Yard Drop In Sprint	4	30 Yards	2 Minutes	120
3	Falling Start	4	15 Yards	2 Minutes	60
4	Forward Lunge Start	4	20 Yard	2 Minutes	80
	Cool Down			Total Dist.	380
	Perform movement portion of warm up at week 4 sets and reps				

## Movement Glossary

Click each link to view movement

[Build Up Sprint](#)

[10 Yard Drop In](#)

[2 Point Start](#)

[3 Point Start](#)

[Falling Start](#)

[Lunge Start](#)

# 4 Weeks to a Faster YOU

## Week 2: Ground Contact Focus

	<u>Day 1</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	2	30 Yards@ 80% Effort	90 seconds	60
2	Forward Power Bound	5	20 Yards	90 seconds	100
3	Forward Double Leg Pogo Hop	5	10 Yards	90 seconds	50
4	80% Tempo Sprints	5	20 Yards	2 Minutes	100
	Cool Down			Total Dist.	310
	Perform movement portion of warm up at week 2 sets and reps				
	<u>Day 2</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	4	30 Yards@ 80% Effort	90 seconds	120
2	Flying 10 Yard Sprint	8	20	2 Minutes	160
3	80% Tempo Sprint	6	30 Yards	90 seconds	180
	Cool Down			Total Dist.	460
	Perform movement portion of warm up at week 2 sets and reps				
	<u>Day 3</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	4	30 Yards@ 80% Effort	2 Minutes	120
2	Falling Start	5	20 Yard	2 Minutes	100
3	Falling 1 Step Start	5	20 Yard	2 Minutes	100
4	Hill Sprint	5	10 Yard	2 Minutes	50
	Cool Down			Total Dist.	370
	Perform movement portion of warm up at week 2 sets and reps				

## Movement Glossary

**Click each link to view movement**

[Build Up Sprint](#)

[Forward Power Bound](#)

[Forward Double Leg Pogo Hop](#)

[Flying 10 Yard Sprint](#)

[Falling Start](#)

[Falling 1 Step Start](#)

# 4 Weeks to a Faster YOU

## Week 3: Keep It Simple. Short and FAST

	Day 1	Sets	Reps/Distance	Rest	Total Distance (yards)
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	2	30 Yards@ 80% Effort	90 seconds	60
2	Forward Power Bound	4	20 Yards	90 seconds	80
3	Forward Double Leg Pogo Hop	4	10 Yards	90 seconds	40
4	Hill Sprint	8	20 Yards	2 Minutes	160
	Cool Down			Total Dist.	340
	Perform movement portion of warm up at week 4 sets and reps				

	Day 2	Sets	Reps/Distance	Rest	Total Distance (yards)
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	2	30 Yards@ 80% Effort	90 seconds	60
2	3 Point Start	5	15 Yards	90 seconds	75
3	80% Tempo Sprint	5	20 Yards	90 seconds	100
	Cool Down			Total Dist.	235
	Perform movement portion of warm up at week 4 sets and reps				

	Day 3	Sets	Reps/Distance	Rest	Total Distance (yards)
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	2	30 Yards@ 80% Effort	90 seconds	60
2	Push Up + Hill Sprint	6 (3 per leg)	10 Yard	90 seconds	60
3	Mountain Climber + Hill Sprint	6 (3 per leg)	10 Yard	90 seconds	60
4	Hill Sprint	6	10-15 Yard	2 Minutes	60
	Cool Down			Total Dist.	240
	Perform movement portion of warm up at week 4 sets and reps				

## Movement Glossary

Click each link to view movement

[Build Up Sprint](#)

[Forward Power Bound](#)

[Forward Double Leg Pogo Hop](#)

[3 Point Start](#)

[Push Up Start](#)

[Mountain Climber Start](#)

# 4 Weeks to a Faster YOU

## Week 4: The Finishing Touches

	<u>Day 1</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Forward Power Bound	5	30 Yards	90 seconds	150
2	Forward Double Leg Pogo Hop	5	5 Yards	90 seconds	25
3	Build Up Sprint	5	30 Yards@ 80% Effort	2 Minutes	150
4	80% Tempo Sprints	5	20 Yards	2 Minutes	100
	Cool Down			Total Dist.	425
	Perform movement portion of warm up at week 2 sets and reps				
	<u>Day 2</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	4	30 Yards@ 80% Effort	90 seconds	120
2	Flying 10 Yard Sprint	10	20	2 Minutes	200
3	80% Tempo Sprint	4	30 Yards	90 seconds	120
	Cool Down			Total Dist.	440
	Perform movement portion of warm up at week 2 sets and reps				
	<u>Day 3</u>	<u>Sets</u>	<u>Reps/Distance</u>	<u>Rest</u>	<u>Total Distance (yards)</u>
	Perform Active Dynamic Warm Up				
1	Build Up Sprint	4	30 Yards@ 80% Effort	90 seconds	120
2	Lunge Start	6 (3 per leg)	15 Yards	90 seconds	90
3	Lunge Start + Hill Sprint	6 (3 per leg)	15 Yards	2 Minutes	90
4	Hill Sprint	8	10 Yard	2 Minutes	80
	Cool Down			Total Dist.	380
	Perform movement portion of warm up at week 2 sets and reps				

## Movement Glossary

Click each link to view movement

[Forward Power Bound](#)

[Forward Double Leg Pogo Hop](#)

[Build Up Sprint](#)

[Flying 10 Yard Sprint](#)

[Lunge Start](#)