

# 4 Weeks to a FASTER You!

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AN ATHLETE'S GUIDE TO BUILDING  
SPEED AND IMPROVING  
PERFORMANCE



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# I. Introduction

Lets get it out there from the start. Speed is the decisive skill an athlete can possess.

It's not strength. It's not agility or footwork. Hell, I would probably put speed ahead of the actual technique work of your sport!

Think a little deeper. If you are the fastest athlete on the field, then you can gather more 50/50 possessions. You can create more goal scoring chances for yourself and your team. When it comes to defense speed will help you stay in front of your opponent in the open field and in close quarters. You can be the most technical athlete on the field but if you aren't fast enough to generate the list of opportunities just mentioned then you need more speed!

In my 12 years of performance coaching with athletes, I've never a single athlete tell me that they are 'fast enough'. Speed is a skill just like swinging a bat or shooting a basketball. You have to learn it. You have to practice it. You have to master it.

Oh, and the best part?

No matter what level of athlete you are, speed can always be improved. You can always get faster.

That's why this program was created. To help athletes, like you, understand that improvement is only 4 weeks away. To give you the tools and guidance necessary to create the opportunities listed above for yourself.

## **II. The 5 Rules of Fast**

### **1) The quality of work exceeds the quantity of work.**

When training for speed it is important to understand that you are not training for fat-loss. It also needs to be stated that you are not training for conditioning. That doesn't mean you won't improve your body composition or gain aerobic benefits, it just means that SPEED is your desired output, not the other two. With such a high amount of fatigue delivered to your body's central nervous system during sprinting, quality output will yield your desired result.

### **2) Front-side mechanics dictate back-side action.**

Front-side mechanics refers to everything happening in front of your body's mid-line. Back-side mechanics refers to your body striking the ground and everything that happens behind it. Many will argue which is more important, but what you need to understand right now is that you can't have a good foot strike and push without an understanding of how to get in to a quality front-side position.

### **3) Vertical force translate to horizontal speed.**

Despite the horizontal direction in sprinting (i.e. running forward), your foot still strikes the ground vertically. That high degree of force helps you overcome all of the negative forces that come from the group. Friction from the surface, gravity, and the force required to redirect the limb after ground contact. .

What I'm getting at is do not be fooled by the horizontal direction when running- you still need to be able to strike the ground hard! Check out [this great research article](#) highlighting vertical versus horizontal force for more of the science behind vertical force production.

#### **4) Ankle, Hips, THEN Knee. In that order, every time.**

As mentioned above, many will argue over front and back-side sprint mechanics. What is the most important aspect of sprinting is how you apply the force, through the foot, at the ankle. Then comes how the force is produced via forceful hip extension. Last comes the understanding of how the knee helps transfer the hips energy down to the ankle and then helps to stabilize the entire leg through ground contact.

#### **5) Appreciate the whole body, not just the lower body.**

All of the points above touch on how the body's lower half creates and dictates force and thus, speed.

However, it is important to appreciate that your arm action, core strength, anti-rotational properties, your back musculature, all play key roles in allowing the body to move and maintain structure at such high velocities. If you train one aspect with out another it will catch up to you and become a speed-inhibitor. It takes a village to reach maximum speed.

### **III. Training Overview**

As training begins it is important to understand a few golden rules.

1) If at any point you experience pain or discomfort outside of your normal thresholds, you need to discontinue training and seek a medical professional.

2) Training isn't measured by soreness or how 'hard' a session felt. Training is measured by the outcomes and results. When training for speed the sessions may not feel the hardest. Revisit the first rule of fast in chapter two for a refresher as needed.

3) Training on your own can be incredibly difficult. Do your best but do not hesitate to seek out a local professional who can either help administer or help guide you through your training sessions.

Now without further adieu. The following chapters breakdown the goals and training outline of each of the 4 weeks. The very last chapter provides the condensed program on to a single page. Feel free to use that page while training and refer back to each weeks respective chapter for more detailed descriptions and video demonstrations.

Wishing you the best and look forward to your progress as your training commences!

# 4 Weeks to a Faster YOU

## The Warm Up

To be performed before each training session

### Ground Based Prep      Wk. 1   Wk.2   Wk.3   Wk.4

1) Double Leg Glute Bridge

2) Single Leg Glute Bridge

3) Single Leg Kicks

3) Bent Leg Iron Cross

4) Cross Body Deadbug

3 sets x 10 reps  
Per Side/Leg/Total  
All Weeks

### Movement Prep

### Wk. 1   Wk.2   Wk.3   Wk.4

1) Walking Squat

1 x 15 Yards for All Weeks

2) Walking Lunge

1 x 15 Yards for All Weeks

3) Lateral Lunge To Reach

1 x 10 Yards for All Weeks

\*Perform per side

4) Overhead A March

Week 1: 4 x 15 Yards

Week 2: 3 x 15 Yards

Week 3 & 4: 2 x 15 Yards

5) A Skip- Low - FWD

Week 1: 2 x 15 Yards Each

6) A Skip - Low - BKWD

Week 2: 3 x 15 Yards Each

\*Alternate directions until weekly prescription is met

Week 3 & 4: 4 x 15 Yards Each

7) Power Skip - Forward

Week 1: 4 x 15 Yards

Week 2: 3 x 15 Yards

Week 3 & 4: 2 x 15 Yards

8) Ankle-Over Stepping

5 x 5 Yards for All Weeks

\*Rest 60 seconds between each set

# 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](#)