

Overview

Phase 1: Four-Week Progression		Week 1		Week 2		Week 3		Week 4	
Session	Exercise	Sets/Reps	Tempo/Intensity	Sets/Reps	Tempo/Intensity	Sets/Reps	Tempo/Intensity	Sets/Reps	Tempo/Intensity
Mobility	Knee-Hug to Backward Lunge	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
	Quad Pull w/ Forward Bend	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
	Inchworm/Hand Walk	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
Stability	Glute Bridge	1 x 30 sec	1-3-1/BW	1 x 30 sec	1-3-1/BW	1 x 30 sec	1-3-1/BW	1 x 30 sec	1-3-1/BW
	Lying Single-Leg, Straight-Leg Raise	1 x 30 sec [R/L]	1-1-1/BW	1 x 30 sec	1-1-1/BW	1 x 30 sec	1-1-1/BW	1 x 30 sec	1-1-1/BW
	Plank	2 x 30 sec	1-3-1/BW	3 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]	4 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]	2 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]
Power	Rapid High Knees	2 x 6 sec	Rapid-Resp/BW	3 x 6 sec	Rapid-Resp/BW	3 x 6 sec	Rapid-Resp/SPARQ Resist Vest [+5% BW]	3 x 6 sec	Rapid-Resp/SPARQ Resist Vest [+5% BW]
	Split-Squat Jump	2 x 5e [R/L]	Stab-Resp/BW	2 x 5e [R/L]	Stab-Resp/BW	3 x 5e [R/L]	Long-Resp/BW	3 x 5e [R/L]	Long-Resp/SPARQ Resist Vest [+5% BW]
	Hurdle Hop	2 x 5e [R/L]	Stab-Resp/BW	2 x 5e [R/L]	Stab-Resp/BW	3 x 5e [R/L]	Long-Resp/BW	3 x 5e [R/L]	Long-Resp/BW
Speed	Wall Acceleration March	2 x 6e [R/L]	1-3-1/BW	2 x 6e [R/L]	1-3-1/SPARQ Power Band	2 x 6e [R/L]	1-3-1/SPARQ Power Band	2 x 6e [R/L]	1-3-1/SPARQ Power Band
	Split-Stance Starts	4 x 10 yds [2e R/L]	60 sec RI/BW	6 x 10 yds [3e R/L]	60 sec RI/BW	4 x 10 yds [2e R/L]	60 sec RI/SPARQ Shaw 360-resisted	6 x 10 yds [3e R/L]	60 sec RI/SPARQ Shaw 360-resisted
	Falling Starts	6 x 10 yds [3e R/L]	120 sec RI/BW	6 x 15 yds [3e R/L]	120 sec RI/BW	6 x 20 yds [3e R/L]	120 sec RI/BW	6 x 25 yds [3e R/L]	120 sec RI/BW [Test 10yd, 20yd Acce]
Strength	Resisted Step-Up [15- to 21-inch box]	2 x 10e [R/L]	1-3-X tempo/BW	2 x 8e [R/L]	1-3-X tempo/10 RM	3 x 6e [R/L]	1-3-X tempo/8 RM	2 x 6e [R/L]	1-3-X tempo/10 RM
	Single-Arm Cable Row	2 x 8e [R/L]	1-3-X tempo/10 RM	2 x 6e [R/L]	1-3-X tempo/8 RM	3 x 4e [R/L]	1-3-X tempo/6 RM	2 x 4e [R/L]	1-3-X tempo/8 RM
	Cable Chop	2 x 12e [R/L]	1-3-X tempo/15 RM	2 x 10e [R/L]	1-3-X tempo/12 RM	3 x 8e [R/L]	1-3-X tempo/10 RM	2 x 8e [R/L]	1-3-X tempo/12 RM
Phase 2: Four-Week Progression		Week 5		Week 6		Week 7		Week 8	
Mobility	Knee-Hug to Backward Rotational Lunge	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
	Quad Pull w/ Forward Bend and Rotation	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
	Inchworm/Alternating Opposite Hand Walk	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW	1 x 10 yds	1-3-1/BW
Stability	Single-Leg Bridge, Knee to Chest	1 x 30 sec [R/L]	1-3-1/BW	1 x 30 sec	1-3-1/BW	1 x 30 sec	1-3-1/BW	1 x 30 sec	1-3-1/BW
	Single-Leg Bridge w/ Single-Leg Raise	1 x 30 sec [R/L]	1-1-1/BW	1 x 30 sec	1-1-1/BW	1 x 30 sec	1-1-1/BW	1 x 30 sec	1-1-1/BW
	Plank w/ Alternating Hip Extension	2 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]	2 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]	2 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]	2 x 30 sec	1-3-1/SPARQ Resist Vest [+5% BW]
Power	Ladder Frequency Run	3 x ladder	Rapid-Resp/SPARQ Resist Vest [+5% BW]	4 x ladder	Rapid-Resp/SPARQ Resist Vest [+5% BW]	4 x ladder	Rapid-Resp/SPARQ Resist Vest [+5% BW]	3 x ladder	Rapid-Resp/SPARQ Resist Vest [+5% BW]
	Cycled Split-Squat Jump	2 x 5e [R/L]	Long-Resp/BW	2 x 5e [R/L]	Long-Resp/SPARQ Resist Vest [+5% BW]	3 x 5e [R/L]	Short-Resp/SPARQ Resist Vest [+5% BW]	2 x 5e [R/L]	Short-Resp/SPARQ Resist Vest [+5% BW]
	Hurdle Tuck-Hop	2 x 5e [R/L]	Stab-Resp/BW	2 x 5e [R/L]	Short-Resp/BW	3 x 5e [R/L]	Short-Resp/SPARQ Resist Vest [+5% BW]	2 x 5e [R/L]	Short-Resp/BW
Speed	Sled Acceleration March	3 x 10 yd	1-3-1/+20% BW w/ SPARQ Power Band	3 x 10 yd	1-3-1/+30% BW w/ SPARQ Power Band	3 x 10 yd	1-3-1/+40% BW w/ SPARQ Power Band	3 x 10 yd	1-3-1/+30% BW w/ SPARQ Power Band
	Resisted Starts	3 x 10 yds	60 sec RI/SPARQ Launch Belt	5 x 10 yds	60 sec RI/SPARQ Launch Belt	4 x 20 yds	60 sec RI/SPARQ Launch Belt release @ 10yd	3 x 20 yds	60 sec RI/SPARQ Launch Belt release @ 10yd
	Push-Up Starts	6 x 10 yds	120 sec RI/BW	6 x 15 yds	120 sec RI/BW	6 x 20 yds	120 sec RI/BW	3 x 20 yds	120 sec RI/BW [Test 10yd, 20yd Acce]
Strength	Resisted Forward Lunge	2 x 8e [R/L]	1-3-X tempo/10 RM	3 x 6e [R/L]	1-3-X tempo/8 RM	4 x 4e [R/L]	1-3-X tempo/6 RM	2 x 5e [R/L]	1-3-X tempo/8 RM
	Single-Arm Split-Stance Cable Row	2 x 6e [R/L]	1-3-X tempo/8 RM	2 x 4e [R/L]	1-3-X tempo/6 RM	3 x 3e [R/L]	1-3-X tempo/4 RM	2 x 5e [R/L]	1-3-X tempo/8 RM
	Split-Stance Cable Chop	2 x 10e [R/L]	1-3-X tempo/12 RM	3 x 8e [R/L]	1-3-X tempo/10 RM	3 x 6e [R/L]	1-3-X tempo/8 RM	2 x 5e [R/L]	1-3-X tempo/8 RM

Key:

BW	Bodyweight [No external resistance]	RM	Repetition Maximum For Given Reps [i.e., 8RM load would allow 8 reps to be performed with perfect technique and tempo]
RI	Rest Interval Between Reps	PNF-AC	Proprioceptive Neuromuscular Facilitation [using agonist muscle contraction to elicit reciprocal inhibition of target/opposite muscle group]
1-3-1 tempo	1-Second Eccentric Phase; 3-Second Isometric Phase; 1-Second Concentric Phase	ITB	Iliotibial Band
Rapid-Resp	Rapid-Response [minimal ground contact time with each step]	e	each side
Stab-Resp	Stabilization-Response [soft landing with exaggerated hold]	R/L	Right/Left
Short-Resp	Short-Response [minimal ground contact time between jumps]		
Long-Resp	Long-Response [soft landing with long contact time]		

Athletes using this program should be at least 14 years old. Use only one day per week, in conjunction with structured three- or four-day per week off-season strength and conditioning program, as this is a supplemental program designed for improvements only in linear acceleration. Multidirectional speed, agility and absolute speed training methods should be employed weekly, on alternate days from this program. All athletes, regardless of ability level, must complete and master Phase 1 before progressing to Phase 2. Do not skip weeks within the progression, and repeat Phase 1 for weeks 5 through 8 if necessary.

Phase 1: Week 1

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Lunge	/10 yds					
Quad Pull w/ Forward Bend	/10 yds					
Inchworm/Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2				
Glute Bridge	/30 sec					
Lying Single-Leg, Straight-Leg Raise	/30 sec					
Plank	/30 sec	/30 sec				
POWER SESSION						
Exercise	Set 1	Set 2				
Rapid High Knees	/6 sec	/6 sec				
Split-Squat Jump	/5 each side	/5 each side				
Hurdle Hop	/5 each side	/5 each side				
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Wall Acceleration March	/6 each side	/6 each side				
Split-Stance Starts	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side		
Falling Starts	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side
STRENGTH SESSION						
Exercise	Set 1	Set 2				
Resisted Step-Up [15-to 21-inch box]	/10 each side	/10 each side				
Single-Arm Cable Row	/8 each side	/8 each side				
Cable Chop	/12 each side	/12 each side				

Phase 1: Week 2

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Lunge	/10 yds					
Quad Pull w/ Forward Bend	/10 yds					
Inchworm/Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2	Set 3			
Glute Bridge	/30 sec					
Lying Single-Leg, Straight-Leg Raise	/30 sec					
Plank	/30 sec	/30 sec	/30 sec			
POWER SESSION						
Exercise	Set 1	Set 2	Set 3			
Rapid High Knees	/6 sec	/6 sec	/6 sec			
Split-Squat Jump	/5 each side	/5 each side				
Hurdle Hop	/5 each side	/5 each side				
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Wall Acceleration March	/6 each side	/6 each side				
Split-Stance Starts	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side
Falling Starts	/15 yds right side	/15 yds left side	/15 yds right side	/15 yds left side	/15 yds right side	/15 yds left side
STRENGTH SESSION						
Exercise	Set 1	Set 2				
Resisted Step-Up [15-to 21-inch box]	/8 each side	/8 each side				
Single-Arm Cable Row	/6 each side	/6 each side				
Cable Chop	/10 each side	/10 each side				

Phase 1: Week 3

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Lunge	/10 yds					
Quad Pull w/ Forward Bend	/10 yds					
Inchworm/Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4		
Glute Bridge	/30 sec					
Lying Single-Leg, Straight-Leg Raise	/30 sec					
Plank	/30 sec	/30 sec	/30 sec	/30 sec		
POWER SESSION						
Exercise	Set 1	Set 2	Set 3			
Rapid High Knees	/6 sec	/6 sec	/6 sec			
Split-Squat Jump	/5 each side	/5 each side	/5 each side			
Hurdle Hop	/5 each side	/5 each side	/5 each side			
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Wall Acceleration March	/6 each side	/6 each side				
Split-Stance Starts	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side		
Falling Starts	/20 yds right side	/20 yds left side	/20 yds right side	/20 yds left side	/20 yds right side	/20 yds left side
STRENGTH SESSION						
Exercise	Set 1	Set 2	Set 3			
Resisted Step-Up [15-to 21-inch box]	/6 each side	/6 each side	/6 each side			
Single-Arm Cable Row	/4 each side	/4 each side	/4 each side			
Cable Chop	/8 each side	/8 each side	/8 each side			

Phase 1: Week 4

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Lunge	/10 yds					
Quad Pull w/ Forward Bend	/10 yds					
Inchworm/Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2				
Glute Bridge	/30 sec					
Lying Single-Leg, Straight-Leg Raise	/30 sec					
Plank	/30 sec	/30 sec				
POWER SESSION						
Exercise	Set 1	Set 2	Set 3			
Rapid High Knees	/6 sec	/6 sec	/6 sec			
Split-Squat Jump	/5 each side	/5 each side	/5 each side			
Hurdle Hop	/5 each side	/5 each side	/5 each side			
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Wall Acceleration March	/6 each side	/6 each side				
Split-Stance Starts	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side	/10 yds right side	/10 yds left side
Falling Starts	/25 yds right side	/25 yds left side	/25 yds right side	/25 yds left side	/25 yds right side	/25 yds left side
STRENGTH SESSION						
Exercise	Set 1	Set 2				
Resisted Step-Up [15-to 21-inch box]	/6 each side	/6 each side				
Single-Arm Cable Row	/4 each side	/4 each side				
Cable Chop	/8 each side	/8 each side				

Phase 2: Week 5

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Rotational Lunge	/10 yds					
Quad Pull w/ Forward Bend and Rotation	/10 yds					
Inchworm/Alternating Opposite Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2				
Single-Leg Bridge, Opposite Knee to Chest	/30 sec					
Single-Leg Bridge w/ Single-Leg Raise	/30 sec					
Plank w/ Alternating Hip Extension	/30 sec	/30 sec				
POWER SESSION						
Exercise	Set 1	Set 2	Set 3			
Ladder Frequency Run	Ladder	Ladder	Ladder			
Cycled Split-Squat Jump	/5 each side	/5 each side				
Hurdle Tuck-Hop	/5 each side	/5 each side				
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Sled Acceleration March	/10 yds	/10 yds	/10 yds			
Resisted Starts	/10 yds	/10 yds	/10 yds			
Push-Up Starts	/10 yds	/10 yds	/10 yds	/10 yds	/10 yds	/10 yds
STRENGTH SESSION						
Exercise	Set 1	Set 2				
Resisted Forward Lunge	/8 each side	/8 each side				
Single-Arm Split-Stance Cable Row	/6 each side	/6 each side				
Split-Stance Cable Chop	/10 each side	/10 each side				

Phase 2: Week 6

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Rotational Lunge	/10 yds					
Quad Pull w/ Forward Bend and Rotation	/10 yds					
Inchworm/Alternating Opposite Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2				
Single-Leg Bridge, Opposite Knee to Chest	/30 sec					
Single-Leg Bridge w/ Single-Leg Raise	/30 sec					
Plank w/ Alternating Hip Extension	/30 sec	/30 sec				
POWER SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4		
Ladder Frequency Run	Ladder	Ladder	Ladder	Ladder		
Cycled Split-Squat Jump	/5 each side	/5 each side				
Hurdle Tuck-Hop	/5 each side	/5 each side				
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Sled Acceleration March	/10 yds	/10 yds	/10 yds			
Resisted Starts	/10 yds	/10 yds	/10 yds	/10 yds	/10 yds	
Push-Up Starts	/15 yds	/15 yds	/15 yds	/15 yds	/15 yds	/15 yds
STRENGTH SESSION						
Exercise	Set 1	Set 2	Set 3			
Resisted Forward Lunge	/6 each side	/6 each side	/6 each side			
Single-Arm Split-Stance Cable Row	/4 each side	/4 each side				
Split-Stance Cable Chop	/8 each side	/8 each side	/8 each side			

Phase 2: Week 7

MOBILITY SESSION						
Exercise	Set 1					
Knee-Hug to Backward Rotational Lunge	/10 yds					
Quad Pull w/ Forward Bend and Rotation	/10 yds					
Inchworm/Alternating Opposite Hand Walk	/10 yds					
STABILITY SESSION						
Exercise	Set 1	Set 2				
Single-Leg Bridge, Opposite Knee to Chest	/30 sec					
Single-Leg Bridge w/ Single-Leg Raise	/30 sec					
Plank w/ Alternating Hip Extension	/30 sec	/30 sec				
POWER SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4		
Ladder Frequency Run	Ladder	Ladder	Ladder	Ladder		
Cycled Split-Squat Jump	/5 each side	/5 each side	/5 each side			
Hurdle Tuck-Hop	/5 each side	/5 each side	/5 each side			
SPEED SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
Sled Acceleration March	/10 yds	/10 yds	/10 yds			
Resisted Starts	/20 yds	/20 yds	/20 yds	/20 yds		
Push-Up Starts	/20 yds	/20 yds	/20 yds	/20 yds	/20 yds	/20 yds
STRENGTH SESSION						
Exercise	Set 1	Set 2	Set 3	Set 4		
Resisted Forward Lunge	/4 each side	/4 each side	/4 each side	/4 each side		
Single-Arm Split-Stance Cable Row	/3 each side	/3 each side	/3 each side			
Split-Stance Cable Chop	/6 each side	/6 each side	/6 each side			

Phase 2: Week 8

MOBILITY SESSION			
Exercise	Set 1		
Knee-Hug to Backward Rotational Lunge	/10 yds		
Quad Pull w/ Forward Bend and Rotation	/10 yds		
Inchworm/Alternating Opposite Hand Walk	/10 yds		
STABILITY SESSION			
Exercise	Set 1	Set 2	
Single-Leg Bridge, Opposite Knee to Chest	/30 sec		
Single-Leg Bridge w/ Single-Leg Raise	/30 sec		
Plank w/ Alternating Hip Extension	/30 sec	/30 sec	
POWER SESSION			
Exercise	Set 1	Set 2	Set 3
Ladder Frequency Run	Ladder	Ladder	Ladder
Cycled Split-Squat Jump	/5 each side	/5 each side	
Hurdle Tuck-Hop	/5 each side	/5 each side	
SPEED SESSION			
Exercise	Set 1	Set 2	Set 3
Sled Acceleration March	/10 yds	/10 yds	/10 yds
Resisted Starts	/20 yds	/20 yds	/20 yds
Push-Up Starts	/20 yds	/20 yds	/20 yds
STRENGTH SESSION			
Exercise	Set 1	Set 2	
Resisted Forward Lunge	/5 each side	/5 each side	
Single-Arm Split-Stance Cable Row	/5 each side	/5 each side	
Split-Stance Cable Chop	/5 each side	/5 each side	