

40 Speed.com Workouts

Dynamic Mobility Warm-Up:

Ankle circles, knee, waist, shoulder, neck circles, or light plyometric drills, and/or light stretching.

Technique Drills – Important to begin at warm-up pace because the speed drills serve to (1) teach body positioning and technique (2) progressively move faster without the intensity of full body weight until the body is warm and prepared for full-intensity sprinting. *Reinforce key speed techniques - Acceleration Position, Dorsiflexion, Pocket-Chin Arms, Valsalva breathing.*

1. Leg Drives to reinforce *Drive Phase* body mechanics (first 15 to 20 yards of the 40), 5 reps per leg. Progressive intensity (Example: 50% warm up speed on first 5 reps, 75% speed on next five reps, 100% for next 5 reps. Focus on Acceleration Position - Body straight, bent only at ankles.

2. Claw Drill to reinforce *Fly Phase* (upright running beyond 20 yards) 5 reps per leg. Progressive buildup; 50%, 75%, 100% intensity. Focus on dorsiflexion and foot striking placement (not reach-and-pull-striking motion, strike underneath body). Relax hamstrings on raised leg parallel to ground.

3. Butt Bumpers to reinforce correct arm mechanics. Pocket-Chin Arms - 10 seconds at 50%, 75%, and 5 seconds at 100% intensity. Focus on locked, Pocket-Chin Arms.

Workout A

4 reps X **10-yard sprints**
50%, 75%, 100% speed
(in acceleration ladder)

4X **20-yard sprints**
(walk-back recovery)

4X **40-yard sprints**
(timed if possible)

5 Bleachers:

1. Hop 5 - Sprint 10 (on seats)
2. Lunges (on steps)
3. Hop 5 - Sprint 10
4. Drive Phase Lunges (steps)
5. Hop 5 - Sprint 10

3X8 **Single-Leg Power Jumps**

(from bleacher seats
or box, from steps
for young athletes)

3X10 **Ricochets**

(from bleacher steps)
or sports specific

Hand-Eye Drills

Workout B

4X **10-yard sprints**
50%, 75%, 100% speed
(in acceleration ladder)

4X **40-yard sprints**
(walk-back recovery)

Agility Ladder (2 reps each)

1. One In Straight
2. In In Right (& Left)
3. In In Out Straight
4. In In, Out Out (L/R)
5. Cross Country Skiing (L/R)

Plyometrics & Speed Drills or **lateral drills** (2 reps per drill)

1. High Knees
 2. Butt Slaps
 3. Glass Wall Slides
 4. Tapioca
 5. Carioca
 6. Pull Throughs
 7. High-Knee Pull Throughs
 8. High-Knee Bounds
 9. Straight-Leg Bounds
 10. Three Side-to-Sides
- *PERFECT FORM-first 5 yds *MAX EFFORT-next 5 yds *At the end of every drill, hit acceleration position & SPRINT-OUT 5 yards (Important)*

Workout C

4X **10-yard sprints**
50%, 75%, 100% speed

4X **20-yard sprints**

4X **40-yard sprints**

5X **Pro Shuttle** (5-10-5)
or **sports specific lateral drills**

5X **Overspeed Trainer**

or **sports specific Hand-Eye Drills**

Flexibility Improvement: Static Stretching - 10-Minute Stretching Routine with 30-second stretch holds after workouts, or away from practice, four times a week. The goal is to improve measurable flexibility by four inches in four weeks.