



The 4 Week Speed and Agility Training Plan

by Joseph Arangio



If your workouts are focused on snail-paced lifting and treadmill jogging, you may be losing athleticism and brainpower. A 2013 study published in the Journal of Strength and Conditioning Research suggests a combination of traditional military physical training plus agility training not only improves VO2max and agility, but also visual vigilance and continuous memory.

Agility training focuses on foot speed, quickly changing direction and improving reaction to visual cues. Getting strong, running fast, and practicing cutting are the essential steps to boosting speed and agility according to Ryan Podell, C.S.C.S., strength and conditioning coach of the Philadelphia Flyers. Become a better athlete while burning mega calories with this four-week speed and agility workout plan.

DIRECTIONS

Perform the speed ladder drills, sprints and single leg deadlift twice per week, on Mondays and Thursdays, for the next four weeks. Sprint on an open surface such as a football field or hill. Walk back to starting point for sprints.

THE WORKOUT

Agility Ladder Linear Run

Sets: 1

Speed: As fast as possible

Run through the SKLZ Elevation Ladder (sklz.com) touching your right foot down between each rung. Minimize the amount of time your feet are in contact with the floor. Turn around and repeat with your left foot. Added bonus: The rungs of the ladder pop-up and transform into a set of four-inch hurdles so you can practice high-knee drills and hops.

Podell says: The agility ladder stimulates the central nervous system and develops lower body coordination. It also promotes blood circulation, which prepares you for more intensive activities such as plyometrics, sprints, and practice.

Agility Ladder Linear Stride Run

Sets: 1

Run as fast as possible through an agility ladder touching one foot down between every other rung. Keep chest up and elbows flexed at 90 degrees, alternately driving left hand up with your right knee, and right hand up with left knee. Walk back to start and repeat.

Agility Ladder Lateral Shuffle

Sets: 2

Standing on left side of the ladder, step laterally with right foot into the first square. Follow immediately with left foot into first square of the ladder. Step laterally with right foot into the next square of the ladder then bring left foot into that square. Move through the entire ladder laterally touching both feet in each square.

THE SPRINT WORKOUT

Podell breaks sprint training into three components:

- a) Acceleration – Sprints lasting less than 5 seconds, over a distance of 0-30 meters.
- b) Speed – Sprints between 5s-8s (30m-60m)
- c) Speed Endurance – Sprints between 8s-12s (60-120m)

Week 1

Monday

10m sprint

Sets: 2

Reps: 4

Rest: 60 sec. rest between reps, 5 min. rest between sets

Thursday

20m sprint

Sets: 2

Reps: 4

Rest: 75 sec. rest between reps, 5 min. rest between sets

Week 2

Monday

10m sprint

Sets: 2

Reps: 3

Rest: 90 sec. rest between reps, 5 min. rest between sets

Thursday

30m sprint

Sets: 2

Reps: 3

Rest: 90 sec. rest between reps, 5 min. rest between sets

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Week 3

Monday

20m sprint

Sets: 2

Reps: 3

Rest: 90 seconds rest between reps, 5 minutes rest between sets

Thursday

40m sprint

Sets: 2

Reps: 3

Rest: 90 sec. rest between reps, 6 min. rest between sets

Week 4

Monday

30m sprint

Sets: 2

Reps: 3

Rest: 90 sec. rest between reps, 5 min. rest between sets

Thursday

60m sprint

Sets: 2

Reps: 3

Rest: 2 min. rest between reps, 8 min. rest between sets

THE STRENGTH EXERCISE

Trap-Bar Split Squat

Sets: 3

Reps: 10, 8, 6

Grab an Olympic hex bar (gopherperformance.com) and hold at arm's length with a neutral grip. Assume a staggered stance with left foot two feet in front of your right. Elevate right heel. Brace abs and drive hips back to slowly lower your body. Pause. Return to start. Repeat on the other side.

Podell says: Agility requires you to accelerate, brake, decelerate, and then speed up again. You'll build natural breaks with strength training. In particular, lifts performed from a staggered stance.