



# **PROJECT: MAX SPEED**

## **4-WEEK TRAINING PROGRAM**

[STATSPORTS.COM](https://www.statsports.com)

# DAILY SCHEDULE

|               | Mon<br>(MD+2) | Tues<br>(MD-4)       | Wed<br>(MD-3) | Thurs<br>(MD-2) | Fri<br>(MD-1) | Sat<br>(MD)       | Sun<br>(MD+1) |
|---------------|---------------|----------------------|---------------|-----------------|---------------|-------------------|---------------|
| <b>WEEK 1</b> | Off           | Small Space<br>Power | Max Speed     | Recovery        | Accel         | Game Day/Recovery |               |
| <b>WEEK 2</b> | Off           | Small Space<br>Power | Max Speed     | Recovery        | Accel         | Game Day/Recovery |               |
| <b>WEEK 3</b> | Off           | Small Space<br>Power | Max Speed     | Recovery        | Accel         | Game Day/Recovery |               |
| <b>WEEK 4</b> | Off           | Small Space<br>Power | Max Speed     | Recovery        | Accel         | Game Day/Recovery |               |

## SCHEDULE

This schedule is based on your gameday taking place on a Saturday.

The program is designed to improve your speed capabilities across max speed, repeated speed, acceleration, and positional speed.

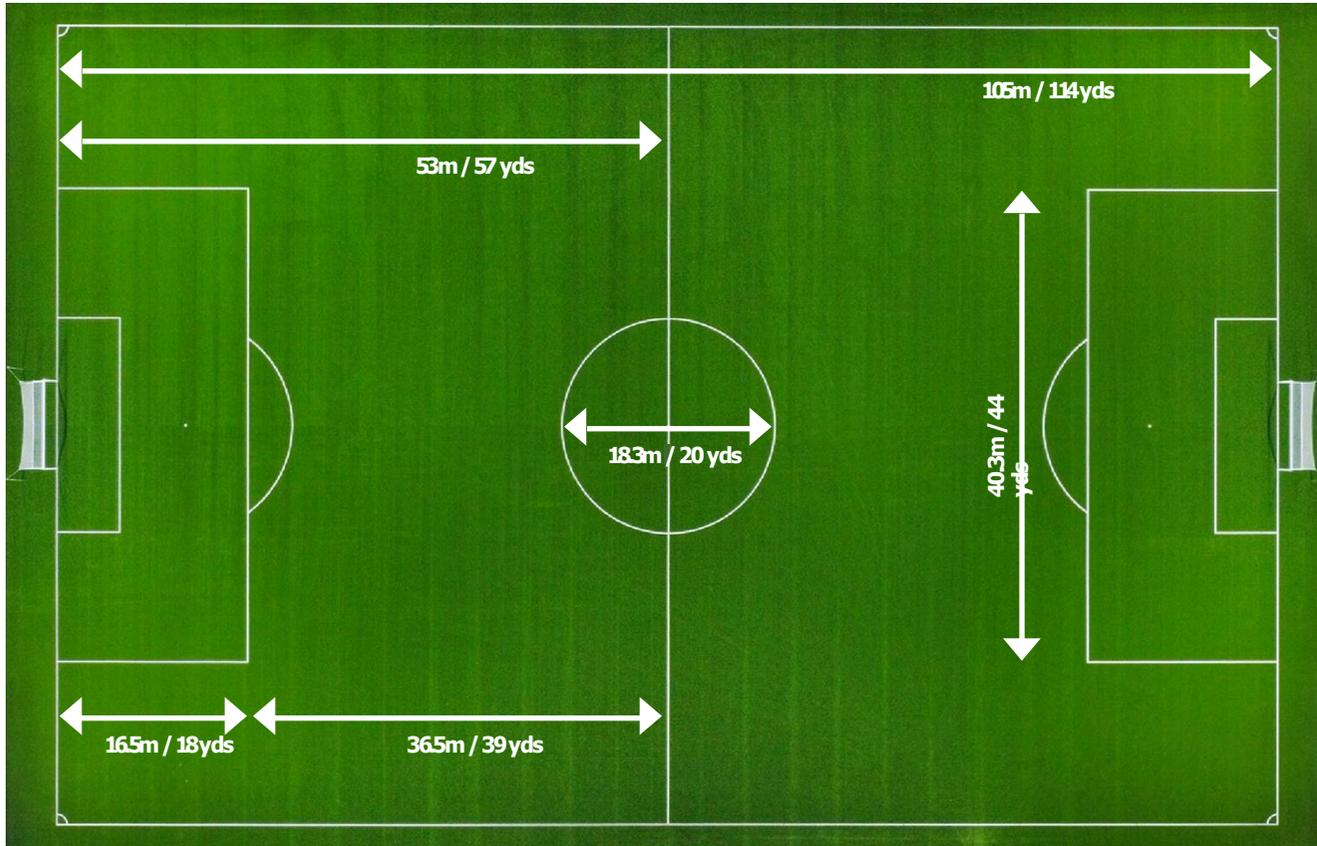
Each week follows the exact same pattern of activity.

Each session provides activation and primer work, before moving into any max velocity speed work.

# PITCH DIMENSIONS

## DESCRIPTION

Follow the diagrams for the pitch-based workouts - the instructions for sets, reps and timings are all described for each run.



# SMALL SPACE POWER (MD-4)

ACTIVATION/WARM UP EXERCISES

## PIVOT SQUAT



Repeat 10 reps on either side.

[Link to video](#)

## SIDE LUNGES



Repeat 8 reps on either side.

[Link to video](#)

## 90/90



Perform for 1 minute.

[Link to video](#)

## DESCRIPTION

The aim of today's session is to work on multi-directional speed and power.

The session begins with activation work to prepare the body for lots of explosive change of direction movement.

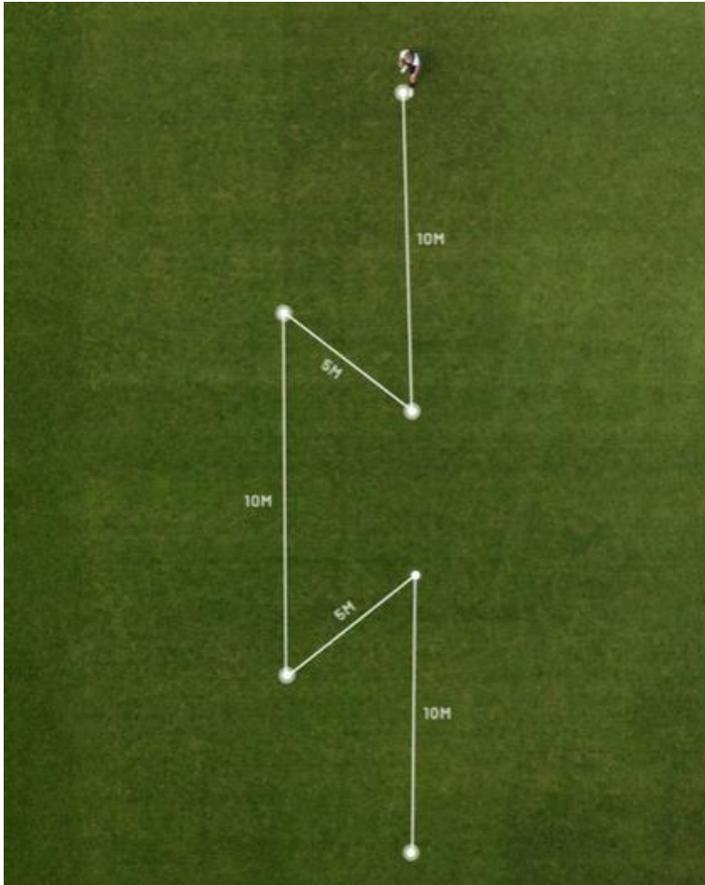
Pivot Squats mobilise key muscles and joints of the hip and knee as well as stabilise the ankle joints.

Side Lunges will mobilise key muscles and joints of the hip and knee as well as stabilise the ankle joints.

90:90s will mobilise the hip joint, as well as stabilise the knee and ankle joints.

# SMALL SPACE POWER (MD-4)

PRIMER DRILL - ACTIVE JOCKEYS



[Link to video](#)

## DESCRIPTION

This drill develops your acceleration and decelerations in a confined space. The shuffle is important in defensive movements when marking your opponent and the acceleration is also important to create space in counter-attacking situations.

**Sets** - 2

**Reps** - 10 (each side)

**Active recovery**

between reps

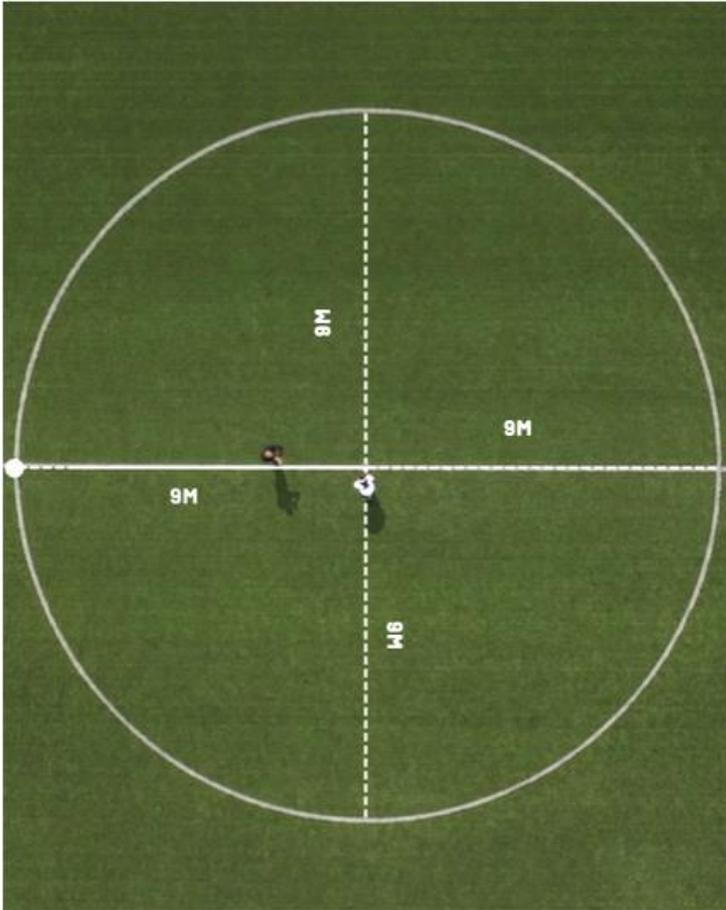
**Rest**

30secs between sets

**Total duration:** 5 mins

# SMALL SPACE POWER (MD-4)

REPEATED SPEED - CENTRE CIRCLE SHUFFLE



[Link to video](#)

## DESCRIPTION

This drill involves multi-directional sprints in a confined space.

Start in the centre spot and sprint to all four quadrants of the circle, returning to the centre spot each time.

**Sets x 4**  
(90 sec rest between sets)

**Reps x 4**  
(30 sec rest between sets)

**Total duration:** 16mins

# SMALL SPACE POWER (MD-4)

COD SPEED - ZIG ZAG RUN



[Link to video](#)

## DESCRIPTION

This drill focuses on the ability to accelerate, decelerate, and change direction multiple times in one run.

**Sets x 3**  
(60 secs rest)

**Reps x 3**  
(30 secs rest)

**Duration:** 8mins

# MAX SPEED (MD-3)

ACTIVATION/WARM UP EXERCISES

## A SKIPS



Repeat 10 reps on either side.

[Link to video](#)

## LEG SWEEPS



Repeat 8 reps on either side.

[Link to video](#)

## HOP & HOLD



Repeat 4 reps on either side.

[Link to video](#)

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## DESCRIPTION

The aim of today's session is to work on max speed/velocity.

The session begins with activation work to prepare the body for lots of curved and linear speed.

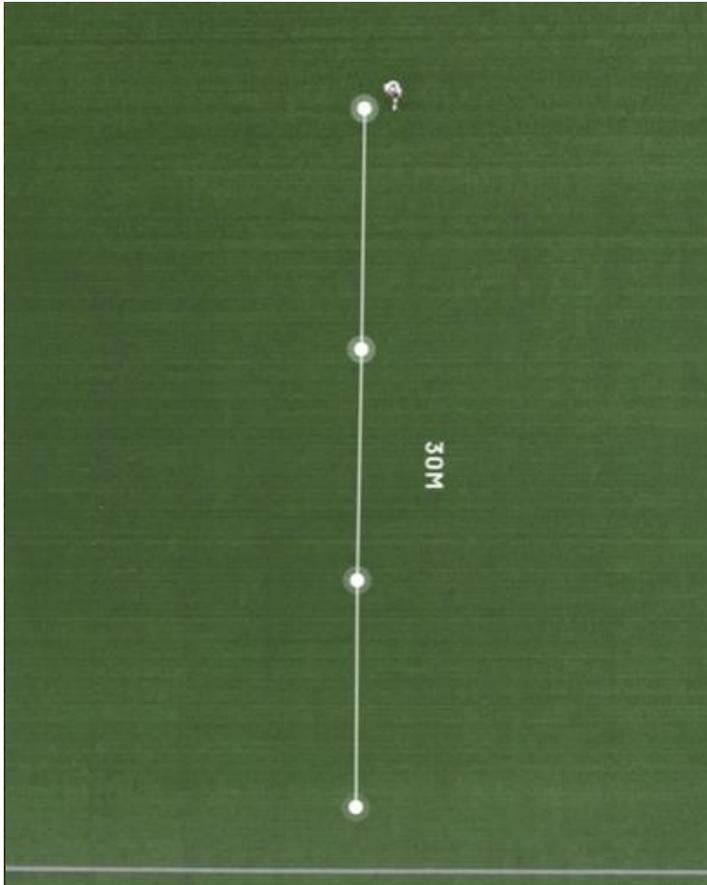
A-Skips activate key muscle groups including glutes and quads as well as mimic correct sprint technique.

Leg Sweeps improve flexibility and activate hamstring muscle groups.

Hop and Holds improve stability and strengthen lower limb muscles and joints.

# MAX SPEED (MD-3)

PRIMER - 30M SPRINT



[Link to video](#)

## DESCRIPTION

To prime for maximal speed efforts, map out a 30m linear sprint.

**Reps - 4**

**Rep 1** - 60% max effort

**Rep 2** - 70% max effort

**Rep 3** - 80% max effort

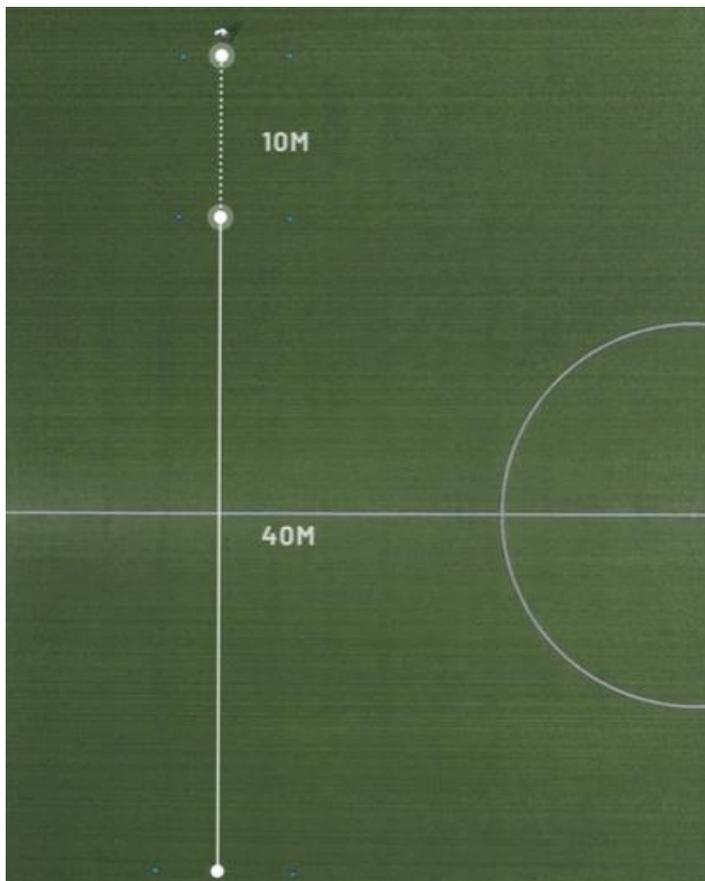
**Rep 4** - 90% max effort

**Rest:**

60 seconds between reps

# MAX SPEED (MD-3)

MAX SPEED EXPOSURE - 40M RUNWAY



[Link to video](#)

## DESCRIPTION

Runways allow you to build up into a full maximal speed sprint. Like on game day, sprints will nearly always happen when on the move.

**Reps - 3**

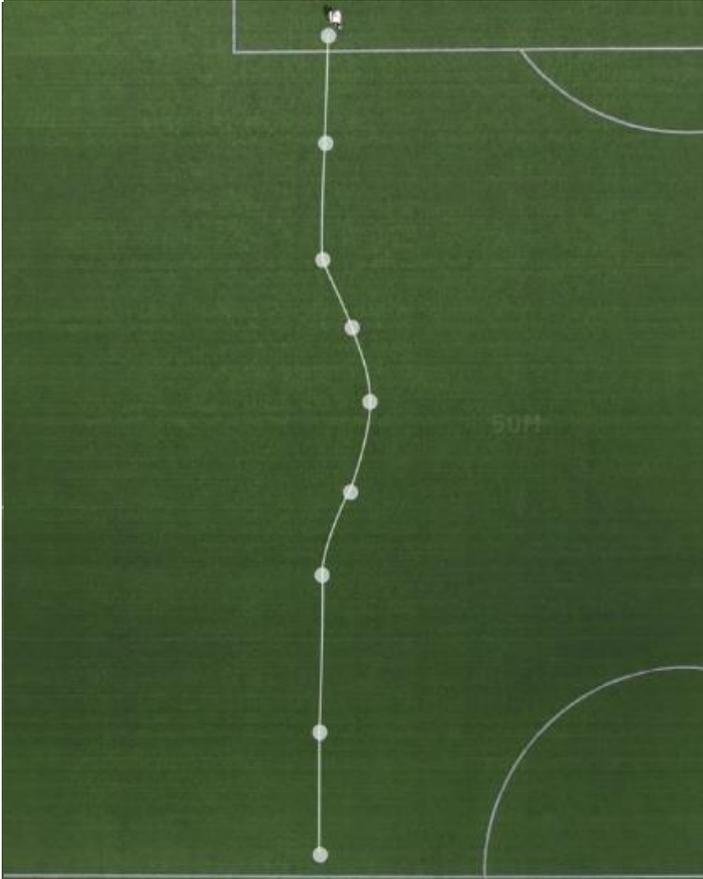
Each rep at max effort.

**Rest:**

3-4 mins between each rep

# MAX SPEED (MD-3)

MAX SPEED EXPOSURE - 50M SERPENTINE



[Link to video](#)

## DESCRIPTION

85% of sprints on matchday include a curved element, so it's vital we incorporate curvilinear sprinting into our program.

The Serpentine drill includes a curvature in the 50m run.

**Reps - 3**

Each rep at max effort.

**Rest:**

3-4 mins between each rep

# ACCELERATION (MD-1)

ACTIVATION/WARM UP EXERCISES

## HEEL TO TOE



Repeat 10 reps on either side.

[Link to video](#)

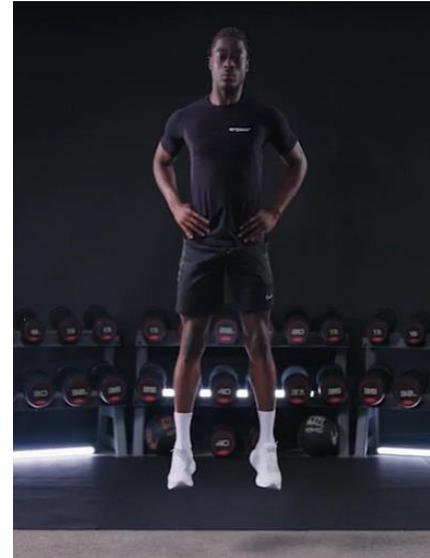
## A SKIPS



Repeat 10 reps on either side.

[Link to video](#)

## POGO JUMPS



10 reps x 2 (60secs between sets).

[Link to video](#)

## DESCRIPTION

The aim of today's session is to work on acceleration power. We will be working in the 0m-20m range.

Heel to Toe will stretch and activate your calf muscles while also developing ankle stability.  
Duration 2 mins.

A-Skips activate key muscle groups including glutes and quads as well as mimic correct sprint technique.

Pogo Jumps develops your repeated power from the repeated springing movements. They will also develop your sprinting power.

# ACCELERATION (MD-1)

## PRIMER - HALF-KNEELING ACCELERATION



[Link to video](#)

### DESCRIPTION

In a half kneeling position, looking to create optimal acceleration positions out of this position across 10m. Encourage lots of forward lean, striking down and back switching your limbs quickly.

**Sets** - 2

**Reps** - 2 on each side

**Rest:**  
90secs between sets

# ACCELERATION (MD-1)

MAX ACCEL EXPOSURE - ROLLING 20M ACCEL



[Link to video](#)

## DESCRIPTION

Develop your explosive ability while moving at high speed already. This is important as sprints in gameday don't always occur from a standing start.

**Sets** - 2

**Reps** - 4

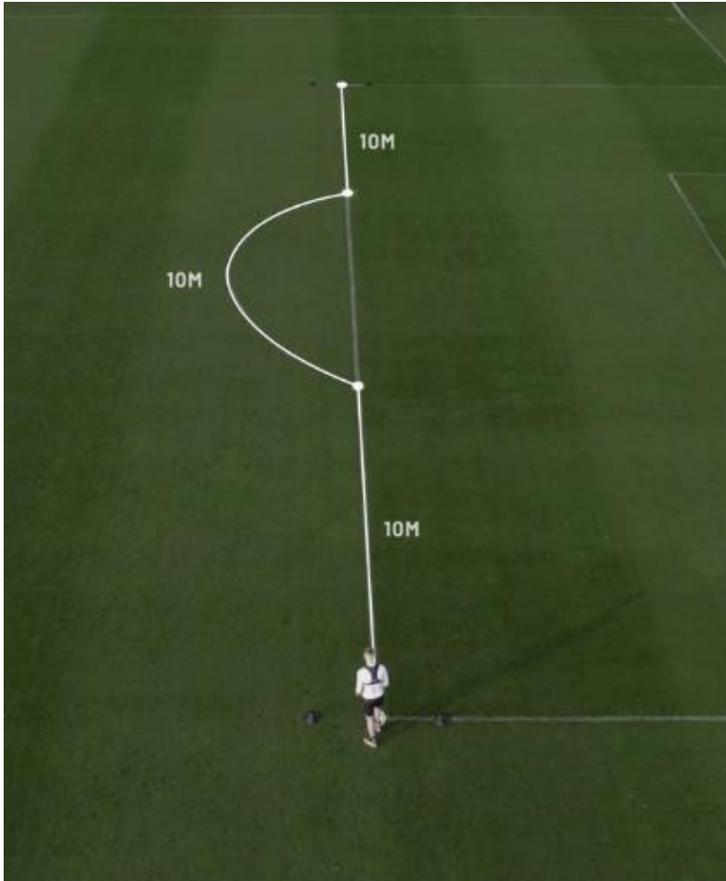
**Rest:**

45secs between reps,

90secs between sets.

# ACCELERATION (MD-1)

CURVED ACCEL EXPOSURE - CURVED ACCELERATION



[Link to video](#)

## DESCRIPTION

This drill develops accelerations, sprint distance and max speed. In games a player will be required to reach Max Speed or Sprint Distance not in a straight line. Hence why it is vital to train this.

**Sets - 2**  
(one each way)

**Reps - 2**

**Rest:**  
45secs between reps,  
90secs between sets.

# RECOVERY (MD-2 & MD+1)

## DESCRIPTION

The aim of these recovery exercises is to loosen the muscles after speed work and improve our injury prevention strategies.

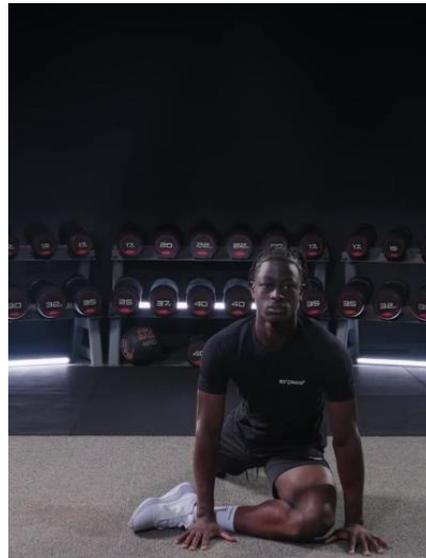
### HAMSTRING



8 reps on either side.  
2 sets.

[Link to video](#)

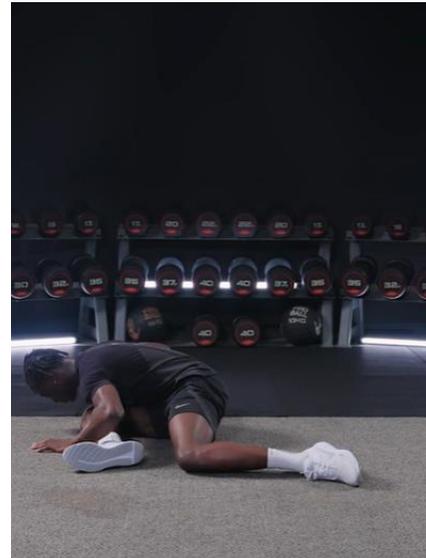
### PIGEON



Hold for 8-10 secs. Repeat on both sides until feeling loose.

[Link to video](#)

### 90:90



Repeat on both sides until you feel loose.

[Link to video](#)

# RECOVERY (MD-2 & MD+1)

## DESCRIPTION

The aim of these recovery exercises is to loosen the muscles after speed work and improve our injury prevention strategies.

### FOAM ROLL - CALF



Roll for 2-3 mins on each calf.

[Link to video](#)

### FOAM ROLL - HAMSTRING



Hold for 2-3mins. Repeat on both sides until feeling loose..

[Link to video](#)

### FOAM ROLL - QUADS



Repeat on both sides until you feel loose.

[Link to video](#)

# Playlists

[Small Space Power](#)

[Max Speed](#)

[Acceleration](#)

[Recovery](#)