



**INTERMEDIATE  
SPEED/AGILITY/BASERUNNING  
PROGRAM**



**Hi athletes! Thank you for purchasing the Intermediate Package!  
Please read the following disclaimer before attempting any of the  
following exercises.**

The material within this program, video content, and our website is provided solely as general educational and informational purposes. Use of this program, advice and information contained herein is at the sole choice and risk of the reader.

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**Thanks for reading! - Coach Emily**



NAME: \_\_\_\_\_

**INTERMEDIATE SPEED/AGILITY/BASERUNNING PROGRAM : WEEKS 1-6**

Day 1 - SPEED	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Day 2 - AGILITY	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="https://youtu.be/KelUdlaa10Y">https://youtu.be/KelUdlaa10Y</a>						FOAM ROLL	<a href="https://youtu.be/KelUdlaa10Y">https://youtu.be/KelUdlaa10Y</a>					
DYNAMIC WARM UP	<a href="https://youtu.be/cvO53IU-bNI">https://youtu.be/cvO53IU-bNI</a>						DYNAMIC WARM UP:	<a href="https://youtu.be/cvO53IU-bNI">https://youtu.be/cvO53IU-bNI</a>					
<a href="#">Sprint to Deceleration (5 yd Sprint + 5 yd breakdown)</a>	x2	x2	x2	x2	x2	x2	<a href="#">Shuffle to Stop (Shuffle 5 Yards, Stop on 5 Yard Mark)</a>	x3e	x3e	x3e	x4e	x4e	x4e
Build Ups (75% Sprint Speed)	2x10yds	2x10yds	2x15yds	2x15yds	3x20yds	3x20yds	Pro Agility Progression 1	x2e	x3e	x3e	x3e		
Full Sprint (100% Sprint Speed)	2x15yds	2x15yds	2x20yds	2x20yds	3x20yds	3x20yds	Pro Agility Progression 2			x2e	x3e	x3e	x3e
Pushup Position Into Sprint	2x20yds	2x20yds	2x25yds	2x25yds	3x25yds	3x25yds	T Drill Progression 1	x2e	x3e	x4e			
Kneeling Position Into Sprint	2x20yds e	2x20yds e	2x25yds e	2x25yds e	2x25yds e	2x25yds e	T Drill Progression 2				x2e	x3e	x4e
Swing + Single (Swing At Home Plate, Sprint to 1st Base)	x2	x3	x3	x4	x4	x4	Taking A Lead (Explode off 1st base, dive back)	x2	x2	x3	x3	x4	x4
Swing + Double (Swing At Home Plate, Sprint to 2nd Base)	x2	x3	x3	x4	x4	x4	Taking A Lead (Explode off 1st base, pause, sprint to 2nd)	x2	x2	x3	x3	x4	x4



NAME: \_\_\_\_\_

## INTERMEDIATE SPEED/AGILITY/BASERUNNING PROGRAM : WEEKS 7-12

Day 1 - SPEED	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Day 2 - AGILITY	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps		Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps	Sets x Reps
FOAM ROLL	<a href="https://youtu.be/KelUdlaa10Y">https://youtu.be/KelUdlaa10Y</a>						FOAM ROLL	<a href="https://youtu.be/KelUdlaa10Y">https://youtu.be/KelUdlaa10Y</a>					
DYNAMIC WARM UP	<a href="https://youtu.be/cvO53IU-bNI">https://youtu.be/cvO53IU-bNI</a>						DYNAMIC WARM UP:	<a href="https://youtu.be/cvO53IU-bNI">https://youtu.be/cvO53IU-bNI</a>					
<a href="#">Sprint to Deceleration (5 yd Sprint + 5 yd breakdown)</a>	x2	x2	x2	x2	x2	x2	<a href="#">Shuffle to Stop (Shuffle 5 Yards, Stop on 5 Yard Mark)</a>	x3e	x3e	x3e	x4e	x4e	x4e
Build Ups (50% x10 yds, 75% x10yds)	2x20yds	2x20yds	2x20yds	2x20yds	2x20yds	2x20yds	Pro Agility Full Drill	x2e	x2e	x2e	x3e	x3e	x3e
Sprint + Backpedal (Work on breakdown at transition)	2x15yds	2x15yds	2x20yds	2x20yds	3x20yds	3x20yds	T Drill Full Drill	x2e	x2e	x2e	x3e	x3e	x3e
Pushup Partner Chaser	2x10yds	2x10yds	2x10yds	2x10yds	3x10yds	3x10yds	Box Drill	x2e	x2e	x2e	x3e	x3e	x3e
Side Kneeling Start to Sprint	2x20yds e	2x20yds e	2x25yds e	2x25yds e	2x25yds e	2x25yds e	Shuffle to Sprint (Shuffle 10, Sprint 10)	x2e	x2e	x2e	x3e	x3e	x3e
Swing + Triple (Swing At Home Plate, Sprint to 1st Base)	x2	x2	x3	x3	x4	x4	Crossover Run to Sprint (Crossover 10, Sprint 10)	x2e	x2e	x2e	x3e	x3e	x3e
Swing + Homerun (Swing At Home Plate, Sprint to 2nd Base)	x2	x2	x3	x3	x4	x4	Taking A Lead (Explode off 1st base, react to someone or something to go back or go to 2nd)	x3	x3	x3	x4	x4	x4

## Agility Sheet Explanations/Diagrams

<b>T Drill</b>		
T Drill Progression 1	<p>Sprint up to cone B. Immediately Shuffle Right to Cone D. Stick at Cone D. Shuffle all the way across to Cone C. Stick at Cone C. Shuffle back through Cone B to finish.</p>	
T Drill Progression 2	<p>Sprint up to cone B. Immediately Shuffle Right to Cone D. Immediately Shuffle all the way across to Cone C. Immediately Shuffle back through Cone B and Stick. Backpedal through Cone A to finish.</p>	
T Drill (No Stops)	<p>Sprint up to cone B. Immediately Shuffle Right to Cone D. Immediately Shuffle all the way across to Cone C. Immediately Shuffle back through Cone B. Immediately Backpedal through Cone A to finish.</p>	

<b>Pro Agility</b>		
Pro Agility Progression 1	<p>Start at the middle cone, straddle the line, right hand is down. Turn and sprint to the right cone and STICK (right hand down). Sprint 10 yards left finishing through the left cone. Complete reps on each side with the 1st turn only.</p>	
Pro Agility Progression 2	<p>Start at the middle cone, straddle the line, right hand is down. Turn and sprint to the right cone and touch with the right hand. Immediately sprint 10 yards left to the left cone and STICK (left hand down). Sprint 5 yards to the right finishing through the middle cone. Complete reps on each side with the 1st and 2nd turn.</p>	
Pro Agility (No Stops)	<p>Start at the middle cone, straddle the line, right hand is down. Turn and sprint to the right cone and touch with the right hand. Immediately sprint 10 yards left to the left cone and touch with the left hand. Immediately sprint 5 yards to the right finishing through the middle cone. Complete reps on each side with no stops.</p>	

<b>Other Drills - See TheIronCrim Youtube Videos</b>		
Box Drill	<p>5x5 Box. Stay on the outside of the cones the entire time. Starting at the bottom left cone, sprint up to cone 1, shuffle across to cone 2, backpedal back to cone 3, shuffle across to the cone 4 (starting position).</p>	
Inside X Drill	<p>5x5 Box. Stay inside the cones the entire time. Touch each cone. Starting at the bottom left cone, sprint straight up, sprint diagonally back to the right, sprint straight up, sprint diagonally back to the left, sprint straight up and finish through the front of the box.</p>	

<b>Other Drills - See TheIronCrim Youtube Videos</b>		
1-2 Cut	<p><a href="https://www.youtube.com/watch?v=JCPHWxKT_Ess">https://www.youtube.com/watch?v=JCPHWxKT_Ess</a></p>	<p>Either stick at each side on one leg, or bounce back to starting position (continuous). On continuous reps, stay low through the middle, keep knee on the inside of your toes when changing direction.</p>

