



**ADVANCED
SPEED/AGILITY/BASERUNNING
PROGRAM**



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

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Thanks for reading! - Coach Emily



NAME: _____

**ADVANCED SPEED/AGILITY/BASERUNNING
PROGRAM : WEEKS 1-4**

Day 1 - SPEED	Week 1	Week 2	Week 3	Week 4	Day 2 - AGILITY	Week 1	Week 2	Week 3	Week 4
	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	https://youtu.be/KelUdlaa10Y				FOAM ROLL	https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP	https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:	https://youtu.be/cvO53IU-bNI			
Wall Strikes	2x5e	2x5e	3x5e	3x5e	Skate Hops (stick the landing)	2x5e	2x5e	3x5e	3x5e
Power Skips (for Height!)	2x15yds	2x15yds	2x15yds	2x15yds	Vertical Jump + 90Deg Rotation	2x4	2x4	3x4	3x4
Sprint to Deceleration (5 yd Sprint + 5 yd breakdown)	x2	x2	x2	x2	Shuffle to Stop (Shuffle 5 Yards, Stop on 5 Yard Mark)	x3e	x3e	x3e	x4e
50% Build Up	2x15yds	2x15yds	2x15yds	2x15yds	Pro Agility Progressions 1 & 2	x2e	x2e	x1e	x1e
Build Ups (50% x10 yds, 75% x10yds)	2x20yds	2x20yds	2x20yds	2x20yds	Pro Agility Full Drill (With Sprints)			x2e	x3e
Sprint + Backpedal (Work on breakdown at transition)	2x15yds	2x15yds	2x20yds	2x20yds	T Drill Full Drill	x2e	x2e	x2e	x3e
Pushup Position Start	2x10yds	2x10yds	2x10yds	3x10yds	Box Drill	x2e	x2e	x2e	x3e
Kneeling Start to Sprint	2x20yds e	2x20yds e	2x25yds e	2x25yds e	Shuffle to Sprint (Shuffle 10, Sprint 10)	x2e	x2e	x2e	x3e
Swing + Single (Swing At Home Plate, Sprint to 1st Base)	x2	x2	x3	x3	Crossover Run to Sprint (Crossover 10, Sprint 10)	x2e	x2e	x2e	x3e
Swing + Double (Swing At Home Plate, Sprint to 2nd Base)	x2	x2	x3	x3	Taking A Lead (Explode off 1st base, shuffle, sprint to 2nd)	x3	x3	x3	x4



NAME: _____

**ADVANCED SPEED/AGILITY/BASERUNNING
PROGRAM : WEEKS 5-8**

Day 1 - SPEED	Week 5	Week 6	Week 7	Week 8	Day 2 - AGILITY	Week 5	Week 6	Week 7	Week 8
	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	https://youtu.be/KelUdlaa10Y				FOAM ROLL	https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP	https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:	https://youtu.be/cvO53IU-bNI			
Wall Stikes with 1 Switch	2x5e	2x5e	3x5e	3x5e	Skate Hops (continuous)	2x5e	2x5e	3x5e	3x5e
Power Skips (For Distance)	2x15yds	2x15yds	3x15yds	3x15yds	Vertical Jump + 180Deg Rotation	2x4	2x4	3x4	3x4
Sprint to Deceleration (5 yd Sprint + 5 yd breakdown)	x3e	x3e	x3e	x3e	Shuffle to Stop (Shuffle 5 Yards, Stop on 5 Yard Mark)	x3e	x3e	x3e	x4e
Build Ups (50% x10 yds, 75% x10yds, 100% x10yds)	2x30yds	2x30yds	3x30yds	3x30yds	Pro Agility Full Drill (With Shuffles)	x2e	x2e	x2e	x3e
Sprint + Backpedal + Sprint (Work on breakdown at transition)	3x10yds e	3x10yds e	3x10yds e	4x10yds e	Box Drill	x2e	x2e	x2e	x3e
Pushup Partner Chaser	2x10yds	2x10yds	2x10yds	2x10yds	Inside X Drill	x2e	x2e	x2e	x3e
Side Kneeling Start to Sprint	2x20yds e	2x20yds e	2x25yds e	2x25yds e	1-2 Cut Drill	2x8sec	2x8sec	3x8sec	3x8sec
Swing + Triple (Swing At Home Plate, Sprint to 1st Base)	x2	x2	x3	x3	Taking A Lead (Explode off 1st base, shuffle, sprint to 2nd)	x2	x2	x2	x2
Swing + Homerun (Swing At Home Plate, Sprint to 2nd Base)	x2	x2	x3	x3	Taking A Lead (Explode off 1st base, react to someone or something to go back or go to 2nd)	x3	x3	x3	x4



NAME: _____

**ADVANCED SPEED/AGILITY/BASERUNNING
PROGRAM : WEEKS 9-12**

Day 1 - SPEED	Week 9	Week 10	Week 11	Week 12	Day 2 - AGILITY	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
FOAM ROLL	https://youtu.be/KelUdlaa10Y				FOAM ROLL	https://youtu.be/KelUdlaa10Y			
DYNAMIC WARM UP	https://youtu.be/cvO53IU-bNI				DYNAMIC WARM UP:	https://youtu.be/cvO53IU-bNI			
Wall Stikes with 2 Switches	2x5e	2x5e	3x5e	3x5e	Skate Hops (continuous)	2x5e	2x5e	3x5e	3x5e
High Pogo Hops	2x10	3x10	4x10	5x10	Vertical Jump + 180Deg Rotation	2x4	2x4	3x4	3x4
Sprint to Deceleration (5 yd Sprint + 5 yd breakdown)	x3e	x3e	x3e	x3e	1-2 Cut Drill	4x8sec	4x8sec	4x8sec	4x8sec
Heavy Sled March (Knee Up Toe Up)	3x10yds	3x10yds	4x10yds	4x10yds	Reactive Pro Agility (Reacting off a person telling you which way to go - all sprints)	x2e	x2e	x3e	x3e
Single Leg Start	3x10yds e	3x10yds e	4x10yds e	4x10yds e	Box Drill	x2e	x2e	x3e	x3e
Pushup Partner Chaser	3x10yds e	3x10yds e	4x10yds e	4x10yds e	Inside X Drill	x2e	x2e	x3e	x3e
Line Chaser	x3	x3	x4	x4	Outside X Drill	x2e	x2e	x3e	x3e
Tennis Ball Drop	2x5yds	2x5yds	3x5yds	3x5yds	Box Wave	x2	x2	x3	x3e

Agility Sheet Explanations/Diagrams

T Drill		
T Drill Progression 1	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.	
T Drill Progression 2	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.	
T Drill (No Stops)	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.	

Pro Agility		
Pro Agility Progression 1	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.	
Pro Agility Progression 2	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.	
Pro Agility (No Stops)	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.	

Other Drills		
Box Drill	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).	
Inside X Drill	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.	
Outside X Drill	5x5 Box. Stay outside of the cones the entire time. Do not touch each cone, just stay tight to the cone and turn around it. Starting at the bottom left cone, sprint straight up and around cone 1, sprint diagonally back to the right and around cone 2, sprint straight up and around cone 3, sprint diagonally back to the left and around cone 4, sprint straight up and finish through the front of the box.	

Other Drills		
High and Short Pogo Hops	https://youtu.be/Xnhj6v5dL6o	High Hops are going for height. Short Hops are going for fast ground contact time.
1-2 Cut	https://www.youtube.com/watch?v=JCPHWxKTUss	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.

