

# 4 Week Speed And Agility Training Program

Week 1	Week 2	Week 3	Week 4
<b>Workout 1 (Monday)</b> <ul style="list-style-type: none"><li>• Pogo Hops: 3x10</li><li>• CM Jumps: 4x4</li><li>• Squats: 3x5</li></ul>	<b>Workout 1:</b> Same, except Squat 2.5-5kg more	<b>Workout 1:</b> Same, except Squat 2.5-5kg more than week 2	<b>Workout 1:</b> Same, except Squat 2.5-5kg more than week 3
<b>Workout 2 (Tuesday)</b>  Light Sprint Practice: <ul style="list-style-type: none"><li>• Technical drills</li></ul>	<b>Workout 2:</b>  Light Sprint Practice:  Technical drills	<b>Workout 2:</b>  Light Sprint Practice:  Technical drills	<b>Workout 2:</b>  Light Sprint Practice:  Technical drills
<b>Workout 3: (Thursday)</b> <ul style="list-style-type: none"><li>• Pogo Hops: 3x10</li><li>• Bounds: 3x8</li><li>• Nordic Curls: 5x3</li></ul>	<b>Workout 3:</b> Same, except try to go slower down on nordics	<b>Workout 3:</b> Same, except try to go slower down on nordics	<b>Workout 3:</b> Same, except try to go slower down on nordics
<b>Workout 4: (Saturday)</b>  Hard Sprint Practice: <ul style="list-style-type: none"><li>• 4 x 30m</li><li>• 2x100</li></ul>	<b>Workout 4:</b>  Hard Sprint Practice:  4 x 30m 2x100	<b>Workout 4:</b>  Hard Sprint Practice:  4 x 30m 2x100	<b>Workout 4:</b>  Hard Sprint Practice:  4 x 30m 2x100

## 4 Week Speed and Agility Training Program

In the world of sports and athletic performance, speed and agility are crucial components that can make a significant difference in an athlete's success. Whether you're a seasoned athlete or a beginner looking to improve your performance, a structured training program can help you develop these essential skills. This article presents a comprehensive 4-week speed and agility training program designed to enhance your performance on the field or court.

## Understanding Speed and Agility

Before diving into the training program, it's important to understand what speed and agility entail:

### Speed

Speed is defined as the ability to move quickly across a distance. It is typically measured in terms of time taken to cover a specific distance. For athletes, speed is crucial for explosive movements such as sprinting, racing,

or any sport that requires quick bursts of energy.

## **Agility**

Agility involves the ability to change direction quickly and efficiently while maintaining control of your body. It combines balance, coordination, speed, and strength, making it an essential skill for sports like basketball, soccer, and tennis.

## **Components of the Training Program**

The 4-week speed and agility training program consists of various exercises and drills aimed at improving both speed and agility. Each week will focus on different aspects, including sprint mechanics, plyometric training, and agility drills. Here's what to expect:

### **Weekly Breakdown**

- Week 1: Foundation Building
- Week 2: Acceleration and Deceleration
- Week 3: Change of Direction
- Week 4: Competitive Simulation

### **Week 1: Foundation Building**

In the first week, the focus is on establishing a solid foundation. This includes strength training, mobility work, and basic speed drills.

#### **Day 1: Strength Training**

- Warm-Up: 10 minutes of dynamic stretching
- Exercises:
  - Squats: 3 sets of 8-10 reps
  - Lunges: 3 sets of 8-10 reps (each leg)
  - Deadlifts: 3 sets of 8-10 reps
  - Core work (planks, Russian twists): 3 sets of 30 seconds each

#### **Day 2: Speed Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
- A-Skip: 3 sets of 20 meters
- B-Skip: 3 sets of 20 meters
- High Knees: 3 sets of 20 meters
- Butt Kicks: 3 sets of 20 meters

## **Day 3: Mobility and Flexibility**

- Routine:
- Foam rolling: 10 minutes
- Static stretching: 15 minutes focusing on major muscle groups

## **Day 4: Agility Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
- Ladder drills (in-and-out, lateral shuffle): 3 sets of 5 minutes
- Cone drills (zig-zag run): 3 sets of 30 seconds

## **Day 5: Active Recovery**

- Light jogging or cycling for 20-30 minutes
- Stretching and foam rolling

## **Week 2: Acceleration and Deceleration**

The second week focuses on improving acceleration (the ability to reach top speed quickly) and deceleration (the ability to slow down safely and effectively).

### **Day 1: Acceleration Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
- Short sprints (10-20 meters): 5 repetitions with full recovery
- Falling starts: 5 repetitions (start from a standing position and fall forward into a sprint)

## **Day 2: Strength Training (Focus on Legs)**

- Warm-Up: 10 minutes of dynamic stretching
- Exercises:
  - Box jumps: 3 sets of 8-10 reps
  - Step-ups: 3 sets of 8-10 reps (each leg)
  - Calf raises: 3 sets of 15 reps

## **Day 3: Deceleration Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
  - Sprint and stop: 5 repetitions of 20 meters, then decelerate to a stop
  - Backpedal and sprint forward: 5 repetitions of 20 meters

## **Day 4: Agility Circuit**

- Warm-Up: 10 minutes of dynamic stretching
- Circuit (2-3 rounds):
  - Shuttle runs (5-10-5 yards): 5 repetitions
  - Lateral cone hops: 30 seconds
  - T-drill: 5 repetitions

## **Day 5: Active Recovery**

- Light jogging or swimming for 20-30 minutes
- Stretching and foam rolling

## **Week 3: Change of Direction**

Week three emphasizes drills that require quick changes in direction, which are essential for agility.

## **Day 1: Lateral Movement Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
  - Lateral shuffles: 3 sets of 20 meters
  - Carioca: 3 sets of 20 meters

## **Day 2: Plyometric Training**

- Warm-Up: 10 minutes of dynamic stretching
- Exercises:
  - Depth jumps: 3 sets of 6-8 reps
  - Single-leg hops: 3 sets of 10 reps (each leg)
  - Broad jumps: 3 sets of 5 reps

## **Day 3: Combination Agility Drills**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
  - Cone weaving: 5 repetitions
  - 4-corner drill: 5 repetitions
  - Zig-zag sprints: 3 sets of 20 meters

## **Day 4: Speed Endurance**

- Warm-Up: 10 minutes of dynamic stretching
- Drills:
  - 150-meter sprints: 4 repetitions with 2-3 minutes of rest in between

## **Day 5: Active Recovery**

- Yoga or light stretching for flexibility

## **Week 4: Competitive Simulation**

The final week is about putting everything together and simulating competitive scenarios.

### **Day 1: Mock Competition**

- Set up a mini competition with a partner or team.
- Focus on executing drills under pressure.

### **Day 2: Speed and Agility Circuit**

- Warm-Up: 10 minutes of dynamic stretching

- Circuit (2-3 rounds):
- 40-meter sprints: 4 repetitions
- Cone drills: 4 repetitions
- Plyometric drills: 3 repetitions (depth jumps or broad jumps)

## **Day 3: Recovery and Strategy**

- Focus on recovery techniques such as massage, foam rolling, and stretching.
- Review strategies for upcoming competitions.

## **Day 4: Final Speed Test**

- Conduct a timed 40-meter sprint.
- Use this to measure improvement over the last four weeks.

## **Day 5: Active Recovery and Reflection**

- Engage in light activities, such as walking or cycling.
- Reflect on progress and set goals for future training.

## **Conclusion**

This 4-week speed and agility training program is designed to enhance your performance through structured workouts that improve your speed, agility, and overall athleticism. By following this program, athletes can build a solid foundation, develop crucial skills, and prepare for competitive scenarios. Remember, consistency is key, and it's essential to listen to your body and make adjustments as necessary. With dedication and hard work, you can achieve significant improvements in your athletic performance.

## **Frequently Asked Questions**

### **What are the primary goals of a 4 week speed and agility training program?**

The primary goals are to improve overall speed, enhance quickness and reaction time, develop better coordination, and increase overall athletic performance.



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