

Speed

1. Stepping-striding:
 - a. Place markers 1 yard apart for 10-15 yards.
 - b. From a standing start, run the length of the markers, one stride between each marker as fast as possible. As you improve, move markers closer together to encourage quicker and faster turnover and strides.
 - c. Repeat 10 times
2. Standing start:
 - a. From a standing start, accelerate as quickly as possible for 1220 yards. Vary the training by starting with your back to the direction you will run, side to the direction you will run, etc.
 - b. Repeat 10 times
3. Hallow sprints:
 - a. Sprint 30 yards, jog 30 yards, sprint 30 yards, and jog 30 yards.
 - b. Walk/jog back to starting position for recovery.
 - c. Repeat 10 time or as prescribed in workout.

Speed Endurance

1. Hallow Sprints;
2. Fast penalty spot sprint:
 - a. Sprint from goal line to 6-yard line and back, penalty spot and back, 18yard line and back, edge of the D [top of the 18 yard box] and back. Do as many as possible in 60 sec.
 - b. Recovery: 60 sec.
 - c. Repeat; 3-5 time per set with 2-3 sets per session
3. Penalty spot run:
 - a. Start at the penalty spot. Sprint to one corner of the penalty box then back to the start. Repeat this action until you have gone each corner for one circuit.
 - b. Rest: 60 sec.
 - c. Repeat: 5 times per set with 3-4 sets per session.