

## Athletic Speed, Agility, Speed Endurance (Interval) Training Methods

Most sports or athletic team play is about speed, power, & endurance. It is important to **train the way you play or compete**. Most conditioning activities your athletes ought to perform should be interval, speed, & agility type of training NOT LONG SLOW DISTANCE OR “CARDIO” TYPE OF TRAINING. “Cardio Training” or “Aerobic Training” will occur through “Anaerobic means” which simply means use interval training to keep the heart rate at elevated levels through speed oriented type training. Please use the following choices below to implement on your conditioning days throughout the week and throughout the course of the year. Supplement your sport specific skills/games/competitions and strength training with other modes of training. I provide choices so you may have some variety in your athletes training, yet your athletes will still work on speed & power in their training specific to their athletic demands.

### Training Ideas & Suggestions-tailor this to make it work for you & your team

#### Fartlek Runs (Speed Play)

Mode	Work/Rest	Reps
Fartlek Runs-mix of sprints & jogs	Sprint straight away, jog turns on track Sprint turns, jog straight away on track Sprint from tree to tree, mailbox to mailbox, telephone pole to pole, with jogs in between	Start @ 14-15 min, add 2 min every 3 weeks
Fartlek Run-mix of sprints & jogs	Get a certain # of sprints of varying distances during each mile run	2-4 Mile Run-5,6,8, or 10 sprints of varying distances during each mile run (ex. 5 sprints/mile)

#### Interval

Mode	Work/Rest	Reps
Hill Running- <b>NOT STEEP-you do not want to change your running mechanics</b>	Work the hill, arms drive the knees up, 30-40 yd hill (slight incline) :10-:12/rest :50-:60 (1:3 work/rest ratio)	Start @ 12, add 3 hills every 3 weeks
Linear Speed Running-100yds	< or = :16/rest :50 (1:3 work/rest ratio)	Start @ 12 reps, add 2 reps every 3 weeks
Linear Speed Running-40, 30, 20yds.	(1:3 work/rest ratio) 40yd. < or = :05/rest :30 30yd. < or = :04/rest :20 20yd. < or = :03/rest :15	Start @ 10 reps for each distance, add 2 reps to each distance every 3 weeks
Stationary Bike	Sprint :15/easy pedal :45 (1:3 work/rest ratio)	Start @ 15 reps, every 3 wks add 3 reps
Stairmaster/Elliptical Trainer	Sprint :15/ easy step :45 (1:3 work/rest ratio)	Start @ 18 reps, every 3 wks add 2 reps
Swimming	Sprint 25 yds or 50yds (1:3 work/rest ratio)	Start @ 10 reps, every 3 wks add 2 reps
Other modes of activity?????		

### Speed/Agility Runs (Athletic Movement Training & Shuttles)

Shuttle runs are one of the most effective methods to train endurance, speed, & agility. It is simple to understand and it very challenging. Shuttle runs can be performed using a variety of athletic movements. Think about combinations of forward/backward runs, forward/side shuffle runs, diagonal shuttles (add in angle running, not just linear). The options are endless.

Mode	Work/Rest	Reps
Shuttles-300yd (25yd up, 25yd back x 6)	< or = 1:05/rest 4:00min	Start @ 4 reps, add 2 reps every 3 weeks
Shuttles-200yd (20yd up, 20yd back x 5)	< or = :45/rest 3:30min	Start @ 6 reps, add 2 reps every 3 weeks
Shuttles-100yd (10yd up, 10yd back x5)	< or = :25/rest 2:30min	Start @ 12 reps, add 2 reps every 3 weeks
Shuttles-150 yd (25yd up, 25yd back x 3)	< or = to :35/:90 rest	Start @ 8 reps, every 3 wks add 2 reps
Shuttles-60yd shuttle	Start-----5yds---*-----5yds-----*-----5yds-----* < or = :15/ rest :45	Start @ 10 reps, every 3 wks add 2 reps
Shuttles-20yd shuttle (5-10-5) Start in the center, 5yds one direction, 10yds the other direction & finish through the starting spot	*----5yds,-----Start-----5yds,-----* <b>Finish</b> < or = to :05 rest :20	Start @ 12 reps, every 3 wks add 2 reps
Follow sprint/agility run sheet	Work the sprint, jog back to start	Start @ 30 sprints, add 5 sprints every 3 weeks

### **Distance Running-use sparingly, do not make this your emphasis for athletic conditioning. Use this for recovery (mentally & physically)**

Long slow distance running performed consistently over time will reduce your athlete's ability to develop speed & power. Your body will adapt to the way you train it. Train slow and non-explosive and that will be your result. Train for speed, power, and you will be strong & explosive. Once again, to enhance conditioning levels while keeping speed & agility involved, use the above methods of training.

Mode	Work/Rest	
2-4 mile runs	Steady state, continuous, quality pace	Begin or finish this run with some sprints &/or form running drills, light plyometrics

You may need to adjust the times according to your speed and fitness level. The main idea is to train to your best abilities and intensity level. Look to challenge yourself from week to week and be progressive.