

Athletic Movement-Agility Training Sessions

These agility runs are used as interval training where you will perform a specific sprint and/or change of direction run followed by a slow jog or walk active rest back to your starting point. These types of runs are ideal for most if not all sports that involve a variety of movement patterns on the field or court. These types of runs are effective because of the specificity of training, meaning most sports do not only involve straight ahead running. For example, soccer, lacrosse, field hockey, softball, baseball, & football all require bouts of high intensity running or work and recovery bouts such as slow jogging, walking, or resting in place.

Each run should be performed at 100% intensity. Have a starting point on your training surface. After each sprint, jog back (recovery jog) to your starting point and then perform the next sprint. A 1:3 work:rest ratio is ideal. This simply means you work the sprint and then recover 3x's longer than the sprint time (i.e. sprint :15, recover :45). Always make sure you get a very good warm-up in so your body is prepared for this type of intense sport specific interval work.

Movement-30 different agility sprints	Distance in yards	Direction/Diagram
1. Forward Run 40 yd. sprint	40	
2. Backward Run (slight lean forward) 10yd	10	
3. Speed Side shuffle 10 yd.	10	
4. Grapevine (Carioca) 10 yd.	10	
5. Forward Run 30 yd. Sprint	30	
6. Forward Run 20 yd. sprint	20.	
7. Forward Run 10 yd. sprint	10	
8. Side shuffle left 5 yds./ forward sprint 15 yds	5-15	
9. Side shuffle right 5 yds./ forward sprint 15 yds	5-15	
10. Backpedal 10 yds., side shuffle right 5 yds., forward run 15 yds.	10-5-15	
11. Backpedal 10 yds., side shuffle left 5 yds., forward run 15 yds.	10-5-15	
12. 30 yd. Bending Run, Right	30	
13. 30 yd. Bending Run Left	30	
14. Forward 10 yd, Backward 5yd, Forward Sprint 15 yds.	10-5-15	
15. Backward 10yd, Forward 5 yd, Backward 15 yds.	10-5-15	
16. Back sprint 10yd, turn left, Forward sprint 15 yds.	10-15	
17. Back sprint 10yd, turn right, Forward sprint 15 yds.	10- 15	
18. Zig-zag, diagonal cuts on 45' angles for 30 yds	30	
19. 50% speed sprint, fake left, cut right & explode 25 yds.	25	
20. 50% speed sprint, fake right, cut left & explode 25 yds.	25	
21. 50% speed sprint, fake right, fake left, cut right & explode 25 yds	25	
22. 50% speed sprint, fake left, fake right, cut left & explode 25 yds.	25	
23. Backpedal 10 yds., side shuffle right 5 yds., Back sprint 15 yds.	10-5-15	
24. Backpedal 10 yds., side shuffle left 5 yds., Back sprint 15 yds.	10-5-15	
25. Crossover right, sprint 10 yds., shuffle 5yds.	10-5	
26. Crossover left, sprint 10 yds., shuffle 5yds.	10-5	
27. 15yd. Drop right- Open hip right, drive off left leg, sprint on 45' angle	15	
28. 15yd. Drop left- Open hip left, drive off right leg, sprint on 45' angle	15	
29. Forward, side shuffle right, backward, forward sprint	10-5-5-15	
30. Forward, side shuffle left, backward, forward sprint	10-5-5-15	
Any other sport specific runs/movements-be creative, the options are endless		

This training can be done in almost any setting. A field, field house, court, parking lot, really any open space can be utilized to train. You may have to modify some of the distances, but the important thing is you must work at 100% intensity and utilize these change of direction runs. This is where you take the strength from the weight room (strength program) and apply it to your athletic arena where it really matters. Strength training will enhance your strength and speed for your sport, now you must apply it through sport specific running programs.

You may perform these types of training sessions **2-3 x's per week (3x's per week pre-season)**. These runs are ideal training for a pre-season athlete. Base the number of sprints on your conditioning level and how your body feels. A speed training session should not be longer than **1.5-2 miles** or **20-30 minutes** and you may also use your heart rate as a guideline for intensity (180 beats per minute and up).