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## **Sprinting & Agility Program**

1. Begin program only jogging program is complete.
2. Run on flat surface (ie. track or gym floor).
3. All “sprints” are to be started from stand-up position.
4. At each level, you should feel nothing more than muscle soreness. If you experience other forms of pain or anything more than mild swelling, return to the previous level for one week.
5. Ensure that you have properly warmed-up and stretched prior to running.
6. You may need to ice your injured area after running. One-half hour should be sufficient.
7. After successfully completing each step, move to the next step.
8. All single direction sprints should be 30 to 40 yards.
9. “Suicides” mean running 20 yards, touching the ground at that distance, and then running back to the starting line.
10. For side-to-side “suicides”: Face the same direction for each “suicide” so that you will be running to your right or left for one leg and then to the opposite direction for the return leg. Run 2 “suicides” facing each direction for a total of 4 each set.

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<b>STEP</b>	<b>SPRINT</b>	<b>LOAD</b>
1	¾ Speed Forward	Single set of 5. Try to add additional set at each workout until 3 sets for two days.
2	Full Speed Forward	Single set of 5. Try to add additional set at each workout until 3 sets for two days.
3	¾ Speed Backward & Full Speed Forward	Backward: Single set of 5. Try to add an additional set at each workout until 3 sets for two days. Forward: 3 sets of 5.

4	Full Speed Backward & Forward	Backward: Single set of 5. Try to add an additional set at each workout until 3 sets for two days. Forward: 3 sets of 5.
5	$\frac{3}{4}$ Speed Sideways. Full Speed Forward & Backwards	Sideways: Left & right single set of 3 each direction. Try and add an additional set at each workout until 3 sets of 3. Forward & Backward: 3 sets of 5.
6	Full speed Sideways, Forward & Backwards	Sideways: Left & right single set of 3 each direction. Try and add an additional set at each workout until 3 sets of 3. Forward & Backward: 3 sets of 5.
7	$\frac{3}{4}$ Speed Forward “Suicides”	Single set of 5. Try to add additional set at each workout until 3 sets for two days.
8	Full Speed Forward “Suicides”	Single set of 5. Try to add additional set at each workout until 3 sets for two days.
9	$\frac{3}{4}$ Speed Side-to Side “Suicides”. Full Speed Forward “Suicides”	Side-to-Side: Single set of 4. Try to add additional set at each workout until 3 sets for two days. Forward: 3 sets of 3.
10	Full Speed Side-to-Side & Full Speed Forward “Suicides”	Side-to-Side: Single set of 4. Try to add additional set at each workout until 3 sets for 2 days. Forward: 3 sets of 3.

1. When sprinting program complete, begin sports specific agilities without competition
  - a. Football: pass patterns, pass drops, lineman foot drills
  - b. Basketball: layups, jumpshots, dribbling moves
  - c. Baseball/Softball: base running, batting, fielding ball
  - d. Soccer: dribbling, shooting, passing
  - e. Tennis/Racquetball: Serving, Returning ball from machine or hitting vs. the wall
2. After confident with individual skills, add same skills vs. opponent
  - a. Not full speed
  - b. No contact
  - c. Don't keep score
3. After confident with individual skills vs. opponent, add contact and/or score, if appropriate.
  - a. Initially keep games short. Increase duration as endurance improves
4. If no problems and cleared by me, return to full participation.