



ATHLETIC EVOLUTION
FOR THE WIN

1/10

ALTIS-INSPIRED

SPEED DEVELOPMENT PROGRAM



12-WEEK PROGRESSIVE SYSTEM

BUILD SPEED.
IMPROVE PERFORMANCE.
WIN MORE.



MECHANICS FIRST



HIGH QUALITY TRAINING



MAXIMIZE SPEED POTENTIAL



BUILT FOR ATHLETES.
BACKED BY SCIENCE.



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ATHLETE DEVELOPMENT CALENDAR

A YEAR-ROUND PLAN FOR CONTINUOUS IMPROVEMENT



PHASE 1 FOUNDATION (8 WEEKS)

Build a base of strength, mobility, and movement quality.



PHASE 2 BUILD (8 WEEKS)

Increase strength and develop speed, power, and work capacity.



PHASE 3 PERFORM (8 WEEKS)

Maximize power, speed, and sport-specific performance.



PHASE 4 COMPETE (8 WEEKS)

Peak performance and maintain consistency in competition.



PHASE 5 RECOVER (4 WEEKS)

Active recovery, reflect, and prepare for the next cycle.

PHASE	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
PHASE 1 FOUNDATION	WEEKS 1-8											
PHASE 2 BUILD			WEEKS 9-16									
PHASE 3 PERFORM					WEEKS 17-24							
PHASE 4 COMPETE							WEEKS 25-32					
PHASE 5 RECOVER											WEEKS 33-36	

KEY FOCUS AREAS EACH PHASE

PHASE 1 FOUNDATION

- ✓ Movement Quality
- ✓ Strength Base
- ✓ Mobility & Stability
- ✓ Aerobic Conditioning

PHASE 2 BUILD

- ✓ Max Strength
- ✓ Speed Development
- ✓ Power Development
- ✓ Work Capacity

PHASE 3 PERFORM

- ✓ Max Power
- ✓ Speed & Agility
- ✓ Sport-Specific Skills
- ✓ High Intensity

PHASE 4 COMPETE

- ✓ Performance Peak
- ✓ Game Readiness
- ✓ Recovery Management
- ✓ Competition Strategy

PHASE 5 RECOVER

- ✓ Active Recovery
- ✓ Injury Prevention
- ✓ Reflection & Review
- ✓ Plan Next Cycle



THE GOAL

Consistent, intentional training all year long to become stronger, faster, and ready for every opportunity.



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FOR PROGRAMS, RESOURCES & MORE



DEVELOPMENTAL CALENDAR

TRAIN 4 DAYS PER WEEK • 2 RECOVERY DAYS • BUILDING BETTER ATHLETES

	MON	TUE	WED	THU	FRI	SAT	SUN
PHASE 1 FOUNDATION WEEKS 1-4  BUILD A BASE OF STRENGTH, MOBILITY, AND MOVEMENT QUALITY.	WORKOUT 1  STRENGTH LOWER BODY • Squat Pattern • Hinge Pattern • Core Stability • Mobility	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 2  SPEED & ACCELERATION • Sprint Mechanics • Acceleration Drills • Plyometrics • Core Stability	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 3  STRENGTH UPPER BODY • Push Pattern • Pull Pattern • Core Stability • Mobility	WORKOUT 4  POWER & PLYOMETRICS • Jump Training • Explosive Drills • Change of Direction • Core Stability	RECOVERY  Rest Recover Rejuvenate
	FOCUS: MOVEMENT QUALITY, BUILDING STRENGTH BASE, IMPROVING MOBILITY & WORK CAPACITY						
PHASE 2 BUILD WEEKS 5-8  INCREASE STRENGTH, DEVELOP SPEED, POWER & WORK CAPACITY.	WORKOUT 1  STRENGTH LOWER BODY • Squat Variation • Hinge Variation • Unilateral Work • Core Stability	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 2  SPEED & ACCELERATION • Advanced Sprints • Accel + Top Speed • Plyometrics • Core Stability	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 3  STRENGTH UPPER BODY • Push Variation • Pull Variation • Unilateral Work • Core Stability	WORKOUT 4  POWER & CONDITIONING • Power Development • COD Drills • Conditioning • Core Stability	RECOVERY  Rest Recover Rejuvenate
	FOCUS: INCREASE STRENGTH, DEVELOP SPEED & POWER, IMPROVE CONDITIONING						
PHASE 3 PERFORM WEEKS 9-12  MAXIMIZE PERFORMANCE, PREPARE FOR COMPETITION.	WORKOUT 1  STRENGTH POWER • Max Strength • Power Lifts • Unilateral Work • Core Stability	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 2  SPEED & PERFORMANCE • Max Velocity • Speed Endurance • Plyometrics • Core Stability	RECOVERY  Active Recovery Mobility Work Light Cardio Stretching	WORKOUT 3  STRENGTH POWER • Power Lifts • Contrast Training • Unilateral Work • Core Stability	WORKOUT 4  GAME READY CONDITIONING • Sport Specific Drills • COD & Agility • Conditioning • Core Stability	RECOVERY  Rest Recover Rejuvenate
	FOCUS: MAXIMIZE POWER & SPEED, ENHANCE SPORT-SPECIFIC PERFORMANCE, PEAK FOR COMPETITION						



TRAINING NOTES

- ✓ Prioritize quality over quantity
- ✓ Listen to your body and recover
- ✓ Fuel your performance
- ✓ Stay consistent and trust the process



KEY PRINCIPLES

- ✓ Consistency over intensity
- ✓ Progressive overload
- ✓ Recovery is performance
- ✓ Every rep has a purpose



THE GOAL

To become stronger, faster, more resilient, and ready for every opportunity.





EXERCISE LIBRARY

SCAN QR CODES TO WATCH VIDEOS

SPRINT DRILLS

A-SKIP



ANKLING



WALL SWITCHES



WICKETS



DRIBBLE RUNS



ACCELERATION

10M START



20M ACCELERATION



30M ACCELERATION



SLED PUSH



SLED PULL



MAX VELOCITY

FLYING 10



FLYING 20



FLYING 30



FLYING 40



FLYING 50



PLYOMETRICS

POGOS



HURDLE HOPS



BOUNDS



DEPTH DROP



SINGLE LEG HOP



VISIT [ATHLETICEVO.COM/EXERCISES](https://athleticevo.com/exercises)
OR SCAN ANY QR CODE WITH YOUR PHONE CAMERA



EXERCISE LIBRARY (CONT.)

SCAN QR CODES TO WATCH VIDEOS

STRENGTH (LOWER BODY)

TRAP BAR
DEADLIFT



BULGARIAN
SPLIT SQUAT



FRONT SQUAT



RDL



NORDIC HAMSTRING



STRENGTH (UPPER BODY)

BENCH PRESS



CHIN-UPS



PUSH PRESS



MED BALL THROWS



FARMER CARRY



CORE / STABILITY

COPENHAGEN PLANK



PALLOF PRESS



FARMER CARRY



ANTI-ROTATION HOLDS



IDEAL FOR ATHLETES IN:



FOOTBALL



SOCCER



BASEBALL



BASKETBALL



LACROSSE



TRACK & FIELD



VOLLEYBALL

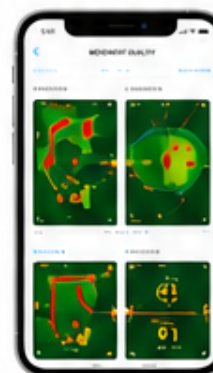


AND MORE

ABOUT ATHLETIC EVOLUTION

We are a sports performance academy and technology platform helping athletes train smarter, perform better, and win more.

- ✓ Elite Coaching
- ✓ Data-Driven Insights
- ✓ Performance Tracking
- ✓ Tournaments & Leagues



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COACHING & IMPLEMENTATION

COACHING CUES

ACCELERATION

- ✓ Push, don't reach
- ✓ Big pushes
- ✓ Violent arms
- ✓ Step over opposite knee
- ✓ Stay low gradually

MAX VELOCITY

- ✓ Relax face / jaw
- ✓ Bounce off ground
- ✓ Attack down vertically
- ✓ Front-side mechanics
- ✓ Stay tall & tall

GENERAL

- ✓ Sprint fresh
- ✓ Full recoveries
- ✓ Quality over quantity
- ✓ Stop before breakdown

IDEAL FOR ATHLETES IN:



FOOTBALL



SOCCER



BASEBALL



BASKETBALL



LACROSSE



TRACK & FIELD



VOLLEYBALL

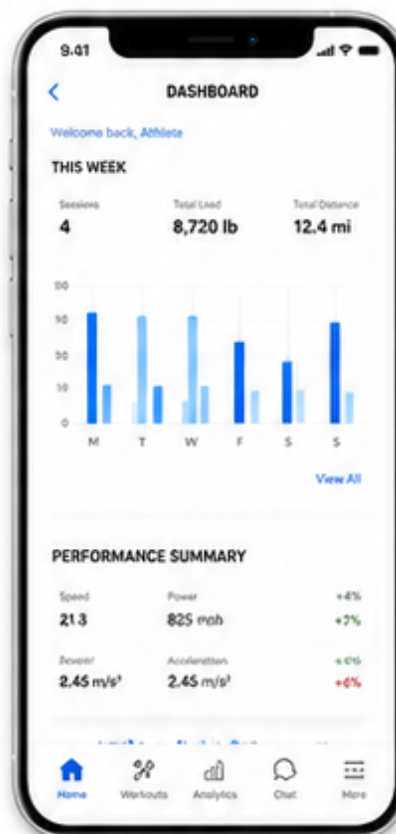


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NUTRITION & RECOVERY

FUEL YOUR PERFORMANCE. RECOVER WITH PURPOSE.

NUTRITION BASICS



FUEL FOR PERFORMANCE

Eat balanced meals with carbs, protein, and healthy fats to power training and recovery.



PROTEIN FOR RECOVERY

Aim for 1.6–2.2g of protein per kg of body weight daily to support muscle repair and growth.



HYDRATION MATTERS

Drink water consistently throughout the day. Dehydration = decreased performance.



TIMING IS KEY

Fuel before training, refuel after. Prioritize nutrient timing around workouts.

DAILY NUTRITION GUIDE

CARBOHYDRATES

45–55%

Fuel for energy and performance

PROTEIN

25–30%

Build and repair muscle

HEALTHY FATS

20–30%

Support hormones, joints, and overall health

VEGGIES & FRUITS

Fill the plate
Vitamins, minerals, and antioxidants

RECOVERY STRATEGIES

SLEEP



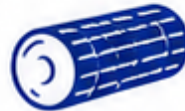
- Aim for 7–9 hours of quality sleep
- Consistent schedule
- Dark, cool, quiet environment

ACTIVE RECOVERY



- Light cardio
- Mobility work
- Yoga or stretching
- Helps reduce soreness and improve circulation

FOAM ROLL & MOBILITY



- 5–10 minutes daily
- Focus on tight areas
- Improves mobility and reduces tension

REFUEL & REHYDRATE



- Replenish carbs and protein post-workout
- Rehydrate with water + electrolytes

REST DAYS



- Essential for growth and adaptation
- Listen to your body
- Quality rest = better performance

HYDRATION GUIDE



- **Daily Goal:** 2–3 Liters (More if training intensely)
- **Before Training:** 500ml
- **During Training:** 150–250ml every 15–20 minutes
- **After Training:** 500–750ml to rehydrate



CHECK YOUR HYDRATION

Urine should be pale yellow

SUPPLEMENTS (IF NEEDED)



WHEY PROTEIN

Convenient way to meet protein needs



CREATINE MONOHYDRATE

Supports strength, power, and muscle growth



OMEGA-3

Supports joint health, recovery, and heart health



VITAMIN D

Supports immune function and bone health



ELECTROLYTES

Support hydration and performance

Always prioritize whole foods first. Supplements are just that—supplements.



CONSISTENT HABITS. ELITE RESULTS.

FUEL BETTER. RECOVER SMARTER. PERFORM STRONGER.

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WORKOUT CHECKLIST

TRACK YOUR WORKOUTS. MEASURE YOUR PROGRESS. WIN EVERY DAY.

ATHLETE NAME: _____

DATE: _____

WEEK: _____

PHASE:

1

2

3

DAY: ☐ MON ☐ TUE ☐ WED ☐ THU ☐ FRI ☐ SAT ☐ SUN

FOCUS: _____

EXERCISE	SETS	REPS	TIME / DISTANCE	WEIGHT (LBS)	DIFFICULTY	COMPLETED
1.					EASY MEDIUM HARD	☐
2.					EASY MEDIUM HARD	☐
3.					EASY MEDIUM HARD	☐
4.					EASY MEDIUM HARD	☐
5.					EASY MEDIUM HARD	☐
6.					EASY MEDIUM HARD	☐
7.					EASY MEDIUM HARD	☐
8.					EASY MEDIUM HARD	☐
9.					EASY MEDIUM HARD	☐
10.					EASY MEDIUM HARD	☐
11.					EASY MEDIUM HARD	☐
12.					EASY MEDIUM HARD	☐

PERFORMANCE NOTES

How did the workout feel?

TODAY'S FOCUS

☐ TECHNIQUE

☐ SPEED

☐ STRENGTH

☐ POWER

☐ ENDURANCE

☐ RECOVERY

☐ OTHER: _____

RECOVERY QUALITY

How is your body feeling?

☐ EXCELLENT

☐ GOOD

☐ AVERAGE

☐ POOR

SLEEP QUALITY (1–5)

1

2

3

4

5

ENERGY LEVEL (1–5)

1

2

3

4

5

MUSCLE SORENESS (1–5)

1

2

3

4

5

WORKOUT SUMMARY

TOTAL WORKOUT TIME: _____

RPE (RATE OF PERCEIVED EXERTION)

1

2

3

4

5

6

7

8

9

10

EASY

MODERATE

MAX EFFORT

TODAY'S HIGHLIGHT:

WHAT CAN I IMPROVE?

COACH FEEDBACK

NOTES:

AREAS TO IMPROVE:

NEXT STEPS:
