



FOOTBALL IN-SEASON SPEED PROGRAM



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FOREWORD

This program is designed for American Football Players who are trying to maintain or even improve their speed during the season. The season can be a grind. However, that doesn't mean that you can stop training your speed when the season starts.

Speed detrains within 5-7 days. So if you take 2-3 months off speed training, you can expect a significant decrease in speed due to the lack of training.

Running during practice versus sprinting max speed to improve your times and max speed are completely different. The workouts this program contains require max speed sprinting and quality reps rather than a high quantity.

If done correctly, each workout should be completed within 20-30 minutes. Please refer to the days and times I recommend that you do these workouts. These recommendations are based on Freshman games typically being on Wednesdays, JV games on Thursdays, Varsity games being on Fridays, and youth and college games being on Saturdays for the most part.

Pick a day where you're most fresh and knock out these workouts.

RECOMMENDED DAYS/TIMES

- **Freshman Team:** Monday and Friday mornings or afternoons
- **Junior Varsity Team:** Monday and Saturday mornings or afternoons
- **Varsity Team:** Sunday Mornings or Evenings and Wednesday mornings or afternoons
- **College/Youth:** Monday and Wednesday afternoons

These recommended days and times are based on what days you play your games. Speed should be trained 2x per week in-season at least 2-3 days apart from games and extremely hard practice days.

Be sure to give yourself 48-72 hours of rest from max speed sprinting. Of course, run hard during practice, but practice running is different from speed training running.

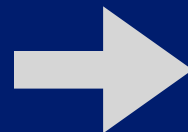
WARMUP

Do before every workout:

- Dynamic Warm-Up: 5-10 minutes of dynamic stretching and light jogging to prepare the body for high-intensity efforts.

- Knee Pulls (hip flexor)
- Leg Cradles (Outer Hip)
- Lateral Lunge (Groin Stretch)
- Hamstring Scoops
- High Kicks
- Lunges
- Pogo Hops
- High Knees
- Carioca
- 75% sprint (10 yards)
- 100% sprint (20 yards)

See warmup breakdown here...



WEEK 1

Acceleration Workout

- Marches 2x10yd
- A-Skips 2x10yd
- Kneeling Starts 2x5yd each knee
- Full Speed Sprints 6x10yd (1 min rest)
- Broad Jumps 3x3
- Triple Broad Jumps x3

Top-End Speed Workout

- A-Skips 2x10yd
- Power Skips for Height 2x20yd
- PrimeTimes 2x20yd
- Full Speed Sprints 3x40yd (3 min rest)
- Tuck Jumps 4x5 (rapid fire)

WEEK 2

Acceleration Workout

- Marches 2x10yd
- A-Skips 2x10yd
- Switches 2x10
- Full Speed Sprints 3x10yd, 3x20yd
- Repeated Broad Jumps 3x10yd

Top-End Speed Workout

- A-Skips 2x10yd
- Bounds 2x20yd
- High Knee Runs 2x20yd
- Full Speed Sprints 4x30yd
- Single Leg Hops 2x20 each leg

WEEK 3

Acceleration Workout

- Switches 2x10
- Kneeling Start 2x5yd each leg
- Pushup Start 2x10yd
- Bounds (Horizontal Focus) 2x15yd
- Full Speed Sprints 5x10yd
- Broad Jumps x8

Top-End Speed Workout

- A Skips 2x10yd
- PrimeTimes 2x20yd
- Power Skips for Height 2x20yd
- Full Speed Sprints 3x40yd
- Tuck Jumps 5x5 (rapid)

WEEK 4

Acceleration Workout

- A-Skip 2x10yd
- Standing Triple Switches 2x10
- Bound 10yd to Sprint 10yd x3
- Full Speed Sprints 4x10yd, 3x20yd
- Triple Broad Jump x3
- Triple Jump x3

Top-End Speed Workout

- Max Effort Pogos 2x20 jumps
- Power Skips for Height 2x20yd
- PrimeTimes (as fast forward as you can) 2x20yd
- Full Speed Sprints 2x40yd, 2x30yd
- Broad Jump to Vertical Jump 3x3

WEEK 5

Acceleration Workout

- Marches 2x10yd
- Wall Switches 3x10
- Wall Runs 5x6 sec
- Full Speed Sprints 6x10yd
- Repeated Broad Jumps 3x20yd

Top-End Speed Workout

- 2 foot Pogo Hops 2x20 hops
- 1 foot Pogo Hops 2x20 hops
- Calf Dribbles 2x5 sec in place and 20yds forward
- High Knee Runs 2x30yd
- Full Speed Sprints 3x40yd
- Tuck Jumps 3x5 as fast as possible

WEEK 6

Acceleration Workout

- Kneeling Starts 2x5yd each leg
- Bouncing Switches 2x15yd
- Bounds 2x25yd
- Full Speed Sprints 3x10yd, 3x20yd
- Broad Jumps x12

Top-End Speed Workout

- High Knee ButtKicks 2x10yd
- Quick PrimeTimes 2x10yd
- Bounds 2x30yd
- Full Speed Sprints 2x30yd, 2x40yd
- Max Vertical Jumps x8

WEEK 7

Acceleration Workout

- Wall Switches 3x10
- Wall Runs 3x6 sec
- Single Leg Start 3x5yd each leg
- Full Speed Sprints 5x15yd
- Triple Jumps x6
- Triple Broad Jumps x4

Top-End Speed Workout

- Bouncing Triple Switches 3x10
- Max Effort High Knees 4x5yd
- High Knee Runs 3x20yd
- Full Speed Sprints 3x40yd
- Tuck Jumps 4x5

WEEK 8

Acceleration Workout

- Pushup Starts 2x10yd
- Single Leg Starts 2x10 yd each leg
- Bounds 2x20yd
- Full Speed Sprints 3x10yd, 2x20yd
- Broad Jump x5

Top-End Speed Workout

- Bouncing Switches 3x20yd
- Big PrimeTimes 2x20yd
- Power Skips for Height 2x20yd
- Full Speed Sprints 1x30yd, 1x40yd, 1x50yd
- Bounds 2x30yd

WEEK 9

Acceleration Workout

- Marches 2x10yd
- A-Skips 2x10yd
- Falling Starts 2x10yd
- Full Speed Sprints 5x10yd
- Broad Jump x3
- Triple Broad Jump x3

Top-End Speed Workout

- High Knee Buttkicks 2x10yd
- Max Effort High Knees 3x5yd
- Bounds 2x20yd
- Full Speed Sprints 2x40yd
- Tuck Jumps 3x5

WEEK 10

Acceleration Workout

- Wall Switches 2x10
- Wall Triple Switches 2x10
- Wall Runs 4x5 sec
- Full Speed Sprints 4x15yd
- Broad Jumps x5

Top-End Speed Workout

- Bouncing Switches 2x20yd
- High Knee Runs 2x20yd
- Big PrimeTimes 2x20yd
- Little PrimeTimes 2x10yd
- Full Speed Sprints 2x40yd

ACCELERATION DRILL GUIDE

Kneeling Start



Repeated Broad Jumps



Wall Switch/Runs



A-Skip



Single Leg Start



Improve your Start



TOP END SPEED DRILL GUIDE

Calf Dribbles, Primetimes,
Skips for Height



Max Effort High Knees



Triple Switches



High Knee ButtKicks



Various Plyos





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in Gilbert, AZ!**

