



FREE TRAINING GUIDE

IN-SEASON · SPEED

10-WEEK IN-SEASON SPEED PROGRAM

Stay fast when it counts most. A 10-week plan to maintain and build game speed through the grind of your season — for any athlete whose game is won on speed and change of direction.



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READ FIRST

SPEED IS A SKILL YOU CAN LOSE

This program keeps you fast when it matters most — in the middle of your season. It's built around max-effort sprinting and quality reps, not junk volume.

Speed detrains in as little as **5–7 days**. Take a couple months off true sprinting and you'll show up slower than you left. And running in practice is *not* the same as training your top speed.

Done right, each workout takes **20–30 minutes**. Two sessions a week is all it takes to hold — and sharpen — your speed all season long.

HOW TO USE THIS GUIDE

1. Warm up fully before every session.
2. Train speed **2× per week**, on your freshest days.
3. Complete both the Acceleration and Top-End workouts.
4. **Tap any drill name** to watch the demo video.

10

WEEKS

2×

PER WEEK

20-30

MINUTES

SCHEDULING

WHEN TO TRAIN

Train speed **twice per week**, spaced **2–3 days** from games and your hardest practices. Give yourself **48–72 hours** of recovery from max-effort sprinting so every rep is truly fast.

Pick the two days you feel freshest. If you play late in the week, train early; if you play early, train mid-week. Run hard in practice — but keep real speed work on its own days.

A SAMPLE IN-SEASON WEEK

MON SPEED	TUE REST	WED —	THU SPEED	FRI REST	SAT GAME	SUN REST
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Example only — anchor your two speed days around your own game day.

DO BEFORE EVERY WORKOUT

THE WARM-UP

5–10 minutes of dynamic prep and light jogging to get the body ready for high-intensity efforts. Finish with the two build-up sprints before your first rep.

Knee Pulls

Hip flexor

Lateral Lunge

Groin

High Kicks

Dynamic

Pogo Hops

Ankle stiffness

Carioca

Hips

100% Build-Up

20 yards

Leg Cradles

Outer hip

Hamstring Scoops

Hamstring

Walking Lunges

Quads / glutes

High Knees

Rhythm

75% Build-Up

10 yards

BASE

WEEKS 1-4

Rebuild your mechanics and re-groove starts, skips, and bounds after the grind of camp.

WEEK 01

Base

2 WORKOUTS

ACCELERATION

<u>Marches</u>	2×10yd
<u>A-Skips</u>	2×10yd
<u>Kneeling Starts</u>	2×5yd each knee
<u>Full Speed Sprints</u>	6×10yd · 1 min rest
<u>Broad Jumps</u>	3×3
<u>Triple Broad Jumps</u>	×3

TOP-END SPEED

<u>A-Skips</u>	2×10yd
<u>Power Skips for Height</u>	2×20yd
<u>PrimeTimes</u>	2×20yd
<u>Full Speed Sprints</u>	3×40yd · 3 min rest
<u>Tuck Jumps</u>	4×5 rapid

WEEK 02

Base

2 WORKOUTS

ACCELERATION

<u>Marches</u>	2×10yd
<u>A-Skips</u>	2×10yd
<u>Switches</u>	2×10
<u>Full Speed Sprints</u>	3×10yd, 3×20yd
<u>Repeated Broad Jumps</u>	3×10yd

TOP-END SPEED

<u>A-Skips</u>	2×10yd
<u>Bounds</u>	2×20yd
<u>High Knee Runs</u>	2×20yd
<u>Full Speed Sprints</u>	4×30yd
<u>Single Leg Hops</u>	2×20 each leg

WEEK 03

Base

2 WORKOUTS

ACCELERATION

<u>Switches</u>	2×10
<u>Kneeling Starts</u>	2×5yd each leg
<u>Pushup Starts</u>	2×10yd
<u>Bounds</u>	2×15yd · horizontal focus
<u>Full Speed Sprints</u>	5×10yd
<u>Broad Jumps</u>	×8

TOP-END SPEED

<u>A-Skips</u>	2×10yd
<u>PrimeTimes</u>	2×20yd
<u>Power Skips for Height</u>	2×20yd
<u>Full Speed Sprints</u>	3×40yd
<u>Tuck Jumps</u>	5×5 rapid

WEEK 04

Base

2 WORKOUTS

ACCELERATION

<u>A-Skips</u>	2×10yd
<u>Standing Triple Switches</u>	2×10
<u>Bound to Sprint</u>	10yd → 10yd ×3
<u>Full Speed Sprints</u>	4×10yd, 3×20yd
<u>Triple Broad Jumps</u>	×3
<u>Triple Jumps</u>	×3

TOP-END SPEED

<u>Max Effort Pogos</u>	2×20 jumps
<u>Power Skips for Height</u>	2×20yd
<u>PrimeTimes</u>	2×20yd fast forward
<u>Full Speed Sprints</u>	2×40yd, 2×30yd
<u>Broad Jump to Vertical Jump</u>	3×3

BUILD

WEEKS 5-7

Layer in wall work, pogos, and heavier sprint volume to raise your top-end ceiling.

WEEK 05

Build

2 WORKOUTS

ACCELERATION

<u>Marches</u>	2×10yd
<u>Wall Switches</u>	3×10
<u>Wall Runs</u>	5×6 sec
<u>Full Speed Sprints</u>	6×10yd
<u>Repeated Broad Jumps</u>	3×20yd

TOP-END SPEED

<u>2-Foot Pogo Hops</u>	2×20 hops
<u>1-Foot Pogo Hops</u>	2×20 hops
<u>Calf Dribbles</u>	2×5 sec + 20yd
<u>High Knee Runs</u>	2×30yd
<u>Full Speed Sprints</u>	3×40yd
<u>Tuck Jumps</u>	3×5 fast

WEEK 06

Build

2 WORKOUTS

ACCELERATION

<u>Kneeling Starts</u>	2×5yd each leg
<u>Bouncing Switches</u>	2×15yd
<u>Bounds</u>	2×25yd
<u>Full Speed Sprints</u>	3×10yd, 3×20yd
<u>Broad Jumps</u>	×12

TOP-END SPEED

<u>High Knee Butt Kicks</u>	2×10yd
<u>Quick PrimeTimes</u>	2×10yd
<u>Bounds</u>	2×30yd
<u>Full Speed Sprints</u>	2×30yd, 2×40yd
<u>Max Vertical Jumps</u>	×8

ACCELERATION

Wall Switches	3×10
Wall Runs	3×6 sec
Single Leg Starts	3×5yd each leg
Full Speed Sprints	5×15yd
Triple Jumps	×6
Triple Broad Jumps	×4

TOP-END SPEED

Bouncing Triple Switches	3×10
Max Effort High Knees	4×5yd
High Knee Runs	3×20yd
Full Speed Sprints	3×40yd
Tuck Jumps	4×5

PEAK

WEEKS 8-10

Sharpen and taper — longer flies, primetimes, and quality reps that carry into game day.

WEEK 08

Peak

2 WORKOUTS

ACCELERATION

<u>Pushup Starts</u>	2×10yd
<u>Single Leg Starts</u>	2×10yd each leg
<u>Bounds</u>	2×20yd
<u>Full Speed Sprints</u>	3×10yd, 2×20yd
<u>Broad Jumps</u>	×5

TOP-END SPEED

<u>Bouncing Switches</u>	3×20yd
<u>Big PrimeTimes</u>	2×20yd
<u>Power Skips for Height</u>	2×20yd
<u>Full Speed Sprints</u>	30yd, 40yd, 50yd
<u>Bounds</u>	2×30yd

WEEK 09

Peak

2 WORKOUTS

ACCELERATION

<u>Marches</u>	2×10yd
<u>A-Skips</u>	2×10yd
<u>Falling Starts</u>	2×10yd
<u>Full Speed Sprints</u>	5×10yd
<u>Broad Jumps</u>	×3
<u>Triple Broad Jumps</u>	×3

TOP-END SPEED

<u>High Knee Butt Kicks</u>	2×10yd
<u>Max Effort High Knees</u>	3×5yd
<u>Bounds</u>	2×20yd
<u>Full Speed Sprints</u>	2×40yd
<u>Tuck Jumps</u>	3×5

ACCELERATION

<u>Wall Switches</u>	2×10
<u>Wall Triple Switches</u>	2×10
<u>Wall Runs</u>	4×5 sec
<u>Full Speed Sprints</u>	4×15yd
<u>Broad Jumps</u>	×5

TOP-END SPEED

<u>Bouncing Switches</u>	2×20yd
<u>High Knee Runs</u>	2×20yd
<u>Big PrimeTimes</u>	2×20yd
<u>Little PrimeTimes</u>	2×10yd
<u>Full Speed Sprints</u>	2×40yd

WHAT'S NEXT

TAKE THE NEXT STEP

You've got the plan. If you want eyes on your mechanics and a program built around you, we can take it further.

01

Online / Remote Training

Custom programming and video feedback — train from anywhere.

02

In-Person Training

Work with us on the field in Gilbert, AZ.

03

Digital Products

Guides and full programs to keep training on your own.

04

Get a FiyrPod

Time your sprints and track progress with our FiyrPod.



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