



SPEED IS KING



**6 WEEK SPEED PROGRAM TO DEVELOP OFF THE MARK & CHANGE OF DIRECTION
SPEED TO CHANGE YOUR GAME.**

 @perspectivetraining

STOP THE WAR ON SLOW.



SPEED IS KING

Disclaimer: The information in the "SPEED IS KING" and associated digital content is not intended to replace the advice of the reader's own health care professionals. You should consult the appropriate health care professionals for matters relating to your health. Perspective Training does not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in "SPEED IS KING" program. This program is intended for those who want to create head turning speed.

**TAG @PERSPECTIVETRAINING TO GET YOUR TECHNIQUE
COACHED**

ABOUT THE PROGRAM

The movements and program structures in this 6 Week Program are the same that the elite athletes use to become the fastest versions of themselves.

We are fortunate to have been mentored and coached by some of the world's elite speed and movement coaches, this program is designed to share their methods.

"MOVE BETTER, BE FASTER OFF THE MARK AND HOLD SPEED FURTHER"

Sprinting, Change of Direction and Agility are ways to develop key bio motor abilities such as coordination, mobility, speed and power.

This program will guide you to help make you move better, be faster off the mark and hold speed further on the field.





WARM-UP

Before every session it is crucial you follow a structured warm-up protocol to ensure your body is ready to perform its optimal level. Following the series below will ensure the tissues are prepared for intense movements. Aim for smooth and fluid moments throughout, you should feel ready go!

DYNAMIC PREP

Set up over a 20m distance. Perform the movement for 15m, walk the remaining 5m. Complete this sequence once.

- Lunge + Twist (open side)
- Hamstring Sweep
- Lunge + Reach
- Arabesque
- Walking Heel Grab



Click the play button to watch how to perform the exercises.

ACTIVATION PREP

Use a Mini Band to complete the following activation preparation. Perform over 10m for the Walks. Complete this sequence twice.

- Forwards Walk (band on ankles)
- Lateral Walk (band on ankles)
- Standing 3 Point Touch (band on ankles)
- Hip Extension Clam (band on knees)



Click the play button to watch how to perform the exercises.

A photograph of four men in athletic wear performing warm-up exercises on a grassy field. The man in the foreground is in a lunge position, while the others are in various dynamic poses. The background shows trees and a building under a clear sky.

WARM-UP CONT.

Now you're ready for more technique and higher intensity drills. These drills are designed to understand mechanics- positions, postures and specific forces. The exercises aim to develop rhythm, coordination, power and joint stiffness.

TECHNIQUE DRILLS

Set up over a 20m distance. Perform the movement for 20m, walk or skip back to the start. Complete this sequence twice.

- Sprinter Lunge
- A March
- A Skip
- Straight Leg
- High Knees



Click the play button to watch how to perform the exercises.

BOUNDING DRILLS

Set up over a 20m distance. Perform the movement for 20m, walk back to the start. Complete this sequence twice.

- Skip for Height
- Skip for Distance.



Click the play button to watch how to perform the exercises.

SESSION 1

ACCELERATION FOCUS

*Ensure 30secs rest per 10m sprinted ie 20m rest 60secs.

WEEKS 1-3

Block 1

4x 20m Walk in Starts

6x 30m 3 Point Start

Block 2

4x 20m C Curved Run (2x each side)

WEEKS 4-6

Block 1

4x 10m Walk-in Starts

4x 20m 2 Point Starts

8x 30m 3 Point Start

Block 2

6x 30m S Curved Run (3x each side)

TIPS

1. Push the ground away hard and have aggressive arm drive, think cheek to cheek.
2. Keep the angles tight- find good shapes. 45 degree position from the start, slowly rise as you progress.
3. Be aggressive yet rhythmic, the movements should feel fluid and smooth, not tight and crunchy.
4. Rest 48 hours prior to completing Session 2.



Click the play button to watch how to perform the exercises.

SESSION 2

MAX VELOCITY FOCUS

*Ensure 30secs rest per 10m sprinted ie 20m rest 60secs.

WEEKS 1-3

Block 1

4x Wickets + 10m

4x 20m 3 Point Start

Block 2

4x 40m

4x 60m

WEEKS 4-6

Block 1

4x Wickets + 10m

4x 20m 3 Point Start

Block 2

6x 40m

6x 60m

TIPS

1. Hold the same mechanics and positions for the acceleration phase as practiced in Session 1.
2. Focus on getting tall and strong.
3. Be aggressive yet rhythmic, the movements should feel fluid and smooth, not tight and crunchy.
4. Rest 48 hours prior to completing Session 3 (Bonus Session).



Click the play button to watch how to perform the exercises.

BONUS SESSION

HILLS ACCELERATION SESSION

*Ensure 30secs rest per 10m sprinted ie 20m rest 60secs.

WEEKS 1-3

Block 1

6x 40m

2x 50m

1x 60m

WEEKS 4-6

Block 1

7x 40m

3x 50m

2 x 60m



TIPS

1. Hills are used to expose acceleration positions for an extended period of time to refine knee drive, foot strike and hip extension.
2. Ideally a 5-10% gradient.
3. Be aggressive yet rhythmic, the movements should feel fluid and smooth, not tight and crunchy. There's no need to change the mechanics you have worked on in the past 2 Sessions.



FOLLOW US



WWW.PERSPECTIVETRAINING.COM.AU

All rights reserved Perspective Training. This is not intended for distribution without prior consent from Perspective Training.