

If you're a football player who wants to build speed before August, this two-month, three-day-a-week summer football speed training program is for you. Just make sure you don't jog or sprint for conditioning during the program. These movements teach you to run slowly and increase the likelihood of overuse injury. If you need to develop endurance or conditioning at the same time as speed, use heavy ropes, kettlebells, swimming or non-impact cardio like a stationary bike.

## Football Speed Training Plan

### Warm-Up

A proper warm-up will increase the effectiveness of your speed workout and help prevent injuries. Use this warm-up for your summer speed workouts:

1. Slow jog for 400 yards
2. Perform warm-up drills for 10-20 yards and jump rope for 30-60 seconds between drills. This part of the warm-up should take 10-15 minutes. Suggested drills include:
  - Shin splint drills: walking on toes/heels, straight leg bounds
  - Hamstring drills: Marching, inchworms, crab walks
  - Technique drills: Heel to hip, high knee drills, A drills, B drills
3. Starts (5 yard sprints): Falling Starts, Standing Starts, Crouching Starts

## June

### Monday

This day focuses on short-distance speed with an explosive first step. Stride length drills help increase stride length for the first few strides, while short-distance sprints and resisted sprints teach faster limb speed and stronger horizontal force. Rest one to two minutes between each drill.

- **Stride Length Drills (3x5 yards)**  
Gather 16 mini-hurdles or other visual cues (pencils, tennis balls, etc.). Place the first hurdle 18 inches from the start line, and every subsequent hurdle six inches from the last until you reach five yards. From a 3-point stance, sprint to the end of the course, putting one foot between each hurdle as you run.
- **Short Distance Sprints (5x20 yards)**  
Start sprints from a 2-point stance
- **Resisted Sprints (3x5 yards)**  
You need a partner for these. Have him stand in front of you and place his hands on your shoulders. As you sprint forward, he should walk backwards trying to hold you back.

### Wednesday

This day focuses on open-field speed. Stride length drills will help you take longer strides, and long-distance sprints will help you develop maximum speed. Rest two minutes between repetitions.

- **Stride Length Drills (3x)**  
Gather five mini-hurdles or other visual cues (pencils, tennis balls, etc.). Position the first hurdle 20 yards from the start line. The second hurdle should be five feet from the first. The third hurdle should be five feet six inches from the second. Keep adding distance between the hurdles until you've used five hurdles.
- Starting in a two-point stance, sprint through the course, putting one foot between each hurdle as you sprint.

- **Long-Distance Sprints** (5x60 yards)  
Perform long-distance sprints from a two-point stance.

## Friday

Sprinting requires horizontal force that's difficult to develop in the weight room. Friday's workout helps you build the horizontal force you need for top-end speed, while including some injury-prevention exercises that target the hamstrings and shins.

- **Shin Splint Prevention Exercises** (3x10 yards)  
Choose from Walking-on-Toes Drills, Straight-Leg Bounds or Ankle Hops
- **Hamstring Injury Prevention Exercises** (3x10 yards)  
Choose from Inchworms, A-Walks, B-Walks and Crab Walks
- **Plyometrics**  
Standing Long Jump (10x) and Bounds (3x10 yards)

## July

July's workouts look like June's but they increase the difficulty as your fitness improves.

### Monday

Monday still focuses on first-step and short-distance speed. This month, you're adding distance and difficulty to June's Monday exercises. Rest one to two minutes between repetitions, two to three minutes between sets.

- **Stride Length Drills** (3x5 yards)  
Perform from a 3-point stance. For these workouts, change the distance between the hurdles every training session.
- **Short-Distance Sprints** (2x5x20 yards)  
Perform from a 2-point stance.
- **Resisted Sprints** (2x3x5 yards)  
You need a partner for these. Have your partner stand in front of you, placing his hands on your shoulders. As you sprint forward, your partner should walk backward, trying to hold you back.

### Wednesday

Wednesday is again focused on top-end speed. Rest two minutes between repetitions.

- **Stride Length Drills** (3x)  
Change the distances between the hurdles every training session.
- **Long-Distance Sprints** (5x60 yards)  
Perform these from a two-point stance.
- **Flying Sprints** (3x40 yards)  
From a 2-point stance, jog to the 20-yard line. At the 20-yard line, shift gears and run at maximum speed for 40 yards.

### Friday

The July Friday plyometrics workouts are designed to be more applicable to on-field movements.

- **Shin Splint Prevention Exercises** (3x20 yards)  
Choose from Walking-on-Toes Drills, Straight-leg Bounds or Ankle Hops
- **Hamstring Injury Prevention Exercises** (3x20 yards)  
Choose from Inchworms, A-Walks, B-Walks and Crab Walks

- **Plyometrics**

Standing Long Jump and 5-yard Sprint (5x) and 4-Step 5-yard Sprint (5x)

Check out [STACK.com/Speed-Workouts](http://STACK.com/Speed-Workouts) for more workouts designed to improve your top-end speed.

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