We would like to thank you for your commitment to Alpha Dog Sports. Alpha Dog Sports is proud to bring the top equipment from around the country to train athletes wanting to separate themselves from the pack. We have developed a training philosophy and state of the art equipment to help you achieve your goals and dreams.

Here at the Alpha Dog Sports we specialize in bringing you the latest technology and exercises designed to help you master all of your speed needs; as well as, increase your athletic ability. We also bring an experience staff together at the highest level possible. Our array of professionals includes current and past NFL coaches and players all working together to help you perform position specific drills, as well as our qualified strength and conditioning coaches who have a combined 50+ years of experience, that will help you perform the many exercises outlined in our speed manual.

Success comes from being able to perform all drills and tests with precision. At Alpha Dog Sports, learning through experience and knowing the specific needs and movements that will help you get the greatest results in the least amount of time is what we aim to do. We have perfected our system through playing the sport, running successful clinics, coaching entire teams, working with individual athletes and consulting with coaches implementing strength and conditioning programs across the country.

This manual focuses on speed and flexibility exercises that will help you improve your overall technique and 40 times. Be sure to focus on the tips and proper mechanics given to improve your performance during test time. Nutrition and conditioning are also key components of your training that should not be overlooked. It is best to train speed 2 days a week with plenty of rest between sets to fully recover. Remember you are training speed not conditioning. If you would like to train a third day simply repeat day one after day two. The amount of time and dedication needed to be successful can only come from your commitment and discipline to work hard.
Instructions for wearing the DFLEX™ are as follows:

1. Place DFLEX™ adjustable band around lower leg above the calf and just below the knee ensuring a snug fit. (Note: This material is a breathable Neoprene that when cut during the manufacturing process leaves a rough looking edge)

2. Place toe-strap around shoe about 2 ½” inches back from the tip of shoe or about an inch in front of the ball of the foot.

3. Secure the toe-strap using strips across the top of the shoe.

4. Adjust the front shin strap (with shock cord) so the toe is pulled no further than 90° in the dorsiflexed position. If there is too much tension on this strap, the DFLEX will be more likely to feel as though it is slipping down the shin.

5. Place the small (1/2” X 15”) strap around the back of the shoe and attach to the toe strap using the Velcro connections. This will secure the toe strap during training.

Rubber Manufacturer WARNING: Contact of the material with the skin may cause irritation. Persons with a known susceptibility to dermatitis or with broken skin should avoid contact with this material. Allergic reactions do occur in small segments of users. Should skin irritation occur, you may choose to wear support over clothing. Supports SHOULD NOT be worn while sleeping or by persons with circulatory problems.
DAY 1

Movement Warm Up

1. Acceleration 1 x 30 yards (75%) + Arm Swings (forward, backward, across body)

2. Acceleration 1 x 30 yards (75%) + Staggered Ham Stretch

3. Backward Run 1 x 30 yards + Quad Stretch
Movement Warm up (con’t)

4. Walking Knee Tucks 1 x 30 yards + Hip Flexor Stretch

5. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

6. Reach and Run 1 x 30 yards + Hamstring Stretch (right & left)
**Speed Warm Up**

1. **Seated Arm Swings** (slow, medium, fast)

2. **High Knees** x 20 yards (with DFlex)

3. **Ham Kicks** x 20 yards (with DFlex)

4. **Walking A’s** x 20 yards (with DFlex)


**Speed Warm Up (con’t)**

5. **A Skip**

x 20 yards (with DFlex)

![A Skip](image)

**Starting Stance Technique (Practice before Seed Drills)**

1. **Starting Position** – Front foot should be one shoe length from starting line, while back foot should be placed parallel to the heel of the front foot. Your stance should be no wider than hip width. This is the most powerful position the body can be in at this point. The athlete then places his lead hand down close to the starting line. At this point, the arm and hand are directly under the shoulder. As the athlete begins to position themselves in the proper start position the front leg should be at a 90 degree angle. The hips are slightly higher than his shoulders during this time. The athlete should feel pressure on the balls of his feet. His back arm is should be in a proper running position usually at 90 degrees and close to the body.

![Starting Position](image)

2. **Breathing** – breath in at start, quick in and out at 15 yards, hold until finished

3. **The Take Off** – this is by far the most important part of the 40 yard sprint. If you start wrong you will end wrong. The take off is a all out effort that involves the athlete applying as much force to the ground as possible while driving the arms up and back as violent as possible without technique breaking down. It is violent and explosive. The arms and legs must work together in a straight line to produce as much force as possible.

![The Take Off](image)
Starting Stance (con’t)

4. **The Acceleration** – this usually lasts between 7 and 10 steps or 20 yards, body lean is a must. By having the body in its proper acceleration position will aid you in applying force to the ground to achieve maximum forces. The athlete must achieve triple extension of the ankle, knee and hip in the acceleration phase.

![Image of athlete in acceleration phase]

Speed Drills

1. **Wall Drill** x 10 each leg (with DFlex)
   1. Single Leg Right and Left Leg drive... be sure ball of foot lands under hip
   2. Alternating Right and Left Leg drive... be sure ball of foot lands under hip

![Image of athlete performing wall drills]

2. **Sled Pulls Starts** 4 x 20 yards (without DFlex)

![Image of athlete performing sled pulls]

6
Speed Drills (con’t)

3. Lying Stomach Starts  3 x 20 yards (without DFlex)

4. Starts (100%)  2 x 15 yards (with DFlex)
5. Starts (100%)  2 x 15 yards (without DFlex)

* It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime be sure to get your recovery before going on to next set. Remember you are working speed not conditioning.
DAY 2

Movement Warm Up

1. **Acceleration**
   - 1 x 30 yards (75%)
   - Arm Swings (forward, backward, across body)

2. **Backward Run**
   - 1 x 30 yards (75%)
   - Staggered Hamstring Stretch

3. **Skipping Knee Tucks**
   - 1 x 30 yards
   - Saigon Squat
Movement Warm Up (con’t)

4. Forward Lunge + Hip Flexor 1 x 30 yards
5. Backward Lunge 1 x 30 yards

6. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

7. Reach and Run 1 x 30 yards + Hamstring Stretch (right & left)

8. Up Tall and Fall Acceleration 1 x 30 yards (75%)
**Speed Warm Up**

1. **Seated Arm Swings** (slow, medium, fast)

2. **High Knees** x 20 yards (with DFlex)

3. **Ham Kicks** x 20 yards (with DFlex)

4. **Walking A’s** x 20 yards (with DFlex)
Speed Warm Up (con’t)

5. A Skip x 20 yards (with DFlex)

Starting Stance Technique

1. Starting Position – Front foot should be one shoe length from starting line, while back foot should be placed parallel to the heel of the front foot. Your stance should be no wider than hip width. This is the most powerful position the body can be in at this point. The athlete then places his lead hand down close to the starting line. At this point, the arm and hand are directly under the shoulder. As the athlete begins to position themselves in the proper start position the front leg should be at a 90 degree angle, The hips are slightly higher than his shoulders during this time. The athlete should feel pressure on the balls of his feet. His back arm should be in a proper running position usually at 90 degrees and close to the body.

2. Breathing – breath in at start, quick in and out at 15 yards, hold until finished

3. The Take Off – this is by far the most important part of the 40 yard sprint. If you start wrong you will end wrong. The take off is a all out effort that involves the athlete applying as much force to the ground as possible while driving the arms up and back as violent as possible without technique breaking down. It is violent and explosive. The arms and legs must work together in a straight line to produce as much force as possible.
Starting Stance (cont.)

4. **The Acceleration** – this usually lasts between 7 and 10 steps or 20 yards, body lean is a must. By having the body in its proper acceleration position will aid you in applying force to the ground to achieve maximum forces. The athlete must achieve triple extension of the ankle, knee and hip in the acceleration phase.

Speed Drills

1. **Depth Jump** x 5

![Depth Jump](image1.jpg)

2. **Alternate Leg Bounds** 2 x 30 yards (with DFlex)

![Alternate Leg Bounds](image2.jpg)
**Speed Drills (con’t)**

3. **Jump Tucks**
   - 2 x 10 repetitions (with DFlex)

4. **100 yard Perfect Technique Stride (75%)**
   - 1 x 100 (with DFlex)

5. **100 yard Perfect Technique Stride (75%)**
   - 1 x 100 (without DFlex)

* This is a difficult drill. Be sure to work on proper technique the full 100 yards. This allows you to feel any Sprint technique errors. Maintaining proper sprint techniques will aid in all speed gains.

6. **45 yard Build Up’s**
   - 4 x 45 yards (without DFlex)

**KEY POINT** – Start by accelerating 15 yards, then fully accelerate for the remainder of the 30 yards. Full recovery is important at this point.

**Sprint Technique Ques**: Knee up, heel up, toe up, proper arm swing, be relaxed
ALPHA DOG SPEED TRAINING
8 WEEK SPEED CYCLE
WEEK 2

DAY 1

Movement Warm Up

1. Acceleration 1 x 30 yards (75%)  Arm Swings forward backward across body

2. Backward Run 1 x 30 yards  Quad Stretch

3. Walking Knee Tucks 1 x 30 yards  Hip Flexor Stretch
Movement Warm up ( cont’ )

4.  **Forward Skips**  
1 x 30 yards  +  10 x **Body Weight Squats**

5.  **Reach and Run**  
1 x 30 yards  +  **Hamstring Stretch ( right & left )**

6.  **Acceleration**  
1 x 30 yards ( 75% )  +  **Staggered Hamstring Stretch**
**Speed Warm up**

1. **Seated Arm Swings** (slow, medium, fast)

2. **High Knees** \(x\) 20 yards \(\text{with DFlex}\)

3. **Ham Kicks** \(x\) 20 yards \(\text{with DFlex}\)

4. **Walking A’s** \(x\) 20 yards \(\text{with DFlex}\)
**Speed Warm up (con’t)**

5. *A Skip* x 20 yards (*with DFlex*)

**Speed Drills**

1. *Wall Drill*
   - 1. Single Leg Right and Left Leg drive... be sure ball of foot lands under hip
   - 2. Alternating Right and Left Leg drive... be sure ball of foot lands under hip

2. *Sled Pulls Starts* 4 x 20 yards (*start position*)
**Speed Drills (con’t)**

3. Lying Stomach Starts  
   4 x 20 yards (without DFlex)

4. Starts (100%)  
   2 x 20 yards (with DFlex)

5. Starts (100%)  
   2 x 20 yards (without DFlex)

*It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime, be sure to get full recovery before going on to next set. Remember you are working speed not conditioning.*
DAY 2

Movement Warm up

1. **Acceleration**
   - 1 x 30 yards (75%)
   - **Arm Swings** (forward, backward, across body)

2. **Acceleration**
   - 1 x 30 yards (75%)
   - **Staggered Ham Stretch**

3. **Skipping Knee Tucks**
   - 1 x 30 yards
   - 10 Good mornings
Movement Warm Up (con’t)

4. Walking Knee Tucks 1 x 30 yards + Hip Flexor Stretch

5. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

6. Reach and Run 1 x 30 yards + Hamstring Stretch (right & left)
**Speed Warm Up**

1. **Seated Arm Swings** (slow, medium, fast)

2. **High Knees**  
   x 20 yards (with DFlex)

3. **Ham Kicks**  
   x 20 yards (with DFlex)

4. **Walking A’s**  
   x 20 yards (with DFlex)
**Speed Warm Up (con’t)**

5. **A Skip**
   *x 20 yards (with DFlex)*

![A Skip images]

**Speed Drills**

1. **Depth Jump**
   *x 5*

![Depth Jump images]

2. **Alternate Leg Bounds**
   *2 x 30 yards*

![Alternate Leg Bounds images]

3. **Jump Tucks**
   *2 x 10 repetitions*

![Jump Tucks images]
**Speed Drills (Con’t)**

4. 100 yard *Perfect Technique Strides (75%)*  
   1 x 100 yards (with DFlex)  

5. 100 yard *Perfect Technique Strides (75%)*  
   1 x 100 yards (without DFlex)  

* This is a difficult drill. Be sure to work on proper technique the full 100 yards. This allows you to feel any Sprint technique errors. Maintaining proper sprint techniques will aid in all speed gains.

6. 45 yard Build up’s  
   4 x 45 yards (without DFlex)  

**KEY POINT** – Start by accelerating 15 yards, then fully accelerate for the remainder of the 30 yards. Full recovery is important at this point.

**Sprint Technique Ques** - Knee up, heel up, toe up, proper arm swing, be relaxed
DAY 1

Movement Warm Up

1. **Acceleration**  
   1 x 30 yards (75%) + **Arm Swings** (forward, backward, across body)

2. **Acceleration**  
   1 x 30 yards (75%) + **Staggered Ham Stretch**

3. **Backward Run**  
   1 x 30 yards + **Quad Stretch**
Movement Warm Up (con’t)

4. Walking Knee Tucks  1 x 30 yards + Hip Flexor Stretch

5. Forward Skips  1 x 30 yards + 10 x Body Weight Squats

6. Reach and Run  1 x 30 yards + Hamstring Stretch (right & left)
**Speed Warm Up**

1. *Seated Arm Swings* (slow, medium, fast)

2. *High Knees* x 20 yards (with DFlex)

3. *Ham Kicks* x 20 yards (with DFlex)

4. *A Skip* x 20 yards (with DFlex)
**Speed Drills**

1. **Wall Drill**
   1. Single Leg Right and Left Leg drive... be sure ball of foot lands under hip
   2. Alternating Right and Left Leg drive... be sure ball of foot lands under hip

2. **Sled Pulls Starts**
   4 x 20 yards (starting position)

3. **Bullet Belt Starts**
   3 x 20 Yards (Starting Position)

*If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete takes second step. This will give you the Bullet Belt effect.
Speed Drills (con’t)

4. **Starts** (100%)  
   3 X 30 yards
DAY 2

Movement Warm Up

1. Acceleration  1 x 30 yards (75%) + Arm Swings (forward, backward, across body)

2. Backward Run  1 x 30 yards (75%) + Staggered Ham Stretch

3. Skipping Knee Tucks  1 x 20 yards + Quad stretch
Movement Warm Up (con’t)

4. Walking Knee Tucks 1 x 30 yards + Hip Flexor Stretch

5. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

6. Reach and Run 1 x 30 yards + Hamstring Stretch (right & left)
**Speed Warm Up**

1. **High Knees**  
   x 20 yards (with DFlex)

2. **Ham Kicks**  
   x 20 yards (with DFlex)

3. **Walking A’s With Pause**  
   - knee up and hold 5 seconds before taking next step  
   x 20 yards with DFlex

4. **A Skip**  
   x 20 yards (with DFlex)
**Speed Drills**

1. **Depth Jump**
   
2. **Alternate Leg Bounds**
   
3. **Jump Tucks**
   
4. **75 yard Perfect Technique Strides (75%)**
Speed Drills (con't)

5. 45 yard Build up’s
6. 45 yard Build up’s

2 x 45 yards (with DFlex)
2 x 45 yards (without DFlex)

* The athlete starts out with a nice smooth acceleration for 15 yards then fully accelerates the last 30 yards

Sprint Technique Ques - Knee up, heel up, toe up, proper arm swing, be relaxed
Day 1

Movement Warm Up

1. **Acceleration**
   - 1 x 30 yards (75%)

2. **Backward**
   - 1 x 30 yards

3. **Shuffle (left and right)**
   - 1 x 30 yards

4. **Forward skips + Acceleration**
   - 20 yard skips / 30 yard accelerate
**Movement Warm Up (con’t)**

5. **Carioca** (right & left)  
   1 x 20 yards

6. **Acceleration + Walk Back to Start**  
   1 x 50 yards (90%)

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**Stretch Period**

1. **Staggered Hamstring Stretch**

2. **Hip Flexor**

3. **Lateral Hamstring Stretch**

4. **Quad Pull**
**Stretch Period (cont')**

5. Arm Swings (forward & backward)  6. 10 x Bodyweight Squats

7. 10 x Goodmornings

**Speed Warm Up**

1. High Knees  x 20 yards (with DFlex)

2. Ham Kicks  x 20 yards (with DFlex)
Speed Warm Up (con’t)

3. A Skip x 20 yards (with DFlex)

4. A Skip + A Run x 40 yards (with DFlex)

*The difference between the A Skip and A Run is that the body will go into a slight lean with the A Run and the speed of the A Step will become faster.

Speed Drills

1. Sled Pulls Starts 4 x 25 yards
**Speed Drills (con’t)**

2. **Bullet Belt Starts**
   
   * If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete reaches 10 yards. This will give you the Bullet Belt effect.

3. **Starts (100%)**
   
   * It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime be sure to get your recovery before going on to next set. Remember you are working speed not conditioning.
DAY 2

Movement Warm Up

1. **Acceleration**  
   1 x 50 yards (75%) + **Arm Swings** (forward, backward, across body)

2. **Backward Run**  
   1 x 50 yards (75%) + **Staggered hamstring stretch**

3. **Skipping Knee Tucks**  
   1 x 40 yards + **Saigon Squat**
**Movement Warm Up (con’t)**

4. **Forward Lunge + Hip Flexor**  
   1 x 20 yards

5. **Backward Lunge**  
   1 x 20 yards

6. **Forward Skips**  
   1 x 30 yards  
   +  
   10 x **Body Weight Squats**

7. **Reach and Run**  
   1 x 50 yards  
   +  
   **Hamstring Stretch (right & left)**

8. **Up Tall and Fall Acceleration**  
   1 x 30 yards (75%)
**Speed Warm Up**

1. **High Knees**  
   x 20 yards (with DFlex)

2. **Ham Kicks**  
   x 20 yards (with DFlex)

3. **A Skip**  
   x 20 yards (with DFlex)

4. **Fast Feet + Acceleration**  
   2 x 40 yards (with DFlex)

* Move feet at a fast pace for 10 yards then accelerate the remainder of the 30 yards
**Speed Drills**

1. **Box Taps**
   - 2 sets x 10 repetitions
   - *Alternate feet on top of box. Try to stay in an upright position and concentrate on knee lift.*

2. **Alternate Leg Bounds for distance**
   - 2 x 30 yards

3. **Jump Tucks**
   - 2 x 10 repetitions
**Speed Drills (con’t)**

4. **Ins and Outs**  
3 x 60 yards

- Use cones to mark 20 yard targets
- Athlete builds speed to 1st cone 10 yard start
- Athlete maintains force applied to ground from 1st cone to 2nd cone (20 yards) keeping speed constant
- From 2nd cone to 3rd cone (20 yards) the athlete glides, but does not slow down
- At the 3rd cone the athlete will re apply force to ground to the 4th cone (20 yards) for the remainder of drill
- Total should be 60 yards

5. **100 yard Perfect Technique Strides** (75%)  
1 x 100

* This is a difficult drill. Be sure to work on proper technique the full 100 yards. This allows you to feel any Sprint technique errors. Maintaining proper sprint techniques will aid in all speed gains.

**Sprint Technique Ques** - Knee up, heel up, toe up, proper arm swing, be relaxed
Day 1

**Movement Warm Up**

1. **Acceleration**  
   1 x 30 yards (75%)

2. **Backward**  
   1 x 30 yards

3. **Shuffle (left and right)**  
   1 x 30 yards

4. **Forward skips + Acceleration**  
   20 yard skips / 30 yard accelerate
Movement Warm Up (con’t)

5. Carioca (right & left) 1 x 20 yards

6. Acceleration + Walk Back to Start 1 x 50 yards (90%)

Stretch Period

1. Staggered Hamstring Stretch
2. Hip Flexor

3. Lateral Hamstring Stretch
4. Quad Pull
**Stretch Period (con’t)**

5. **Arm Swings** (forward & Backward)  
6. **10 Bodyweight Squats**

7. **10 Goodmornings**

**Speed Warm Up**

1. **High Knees**  
   \[\text{x 20 yards (with DFlex)}\]

2. **Ham Kicks**  
   \[\text{x 20 yards (with DFlex)}\]
**Speed Warm Up (cont')**

3. **A Skip**
   
   x 20 yards (with DFlex)

4. **A Skip + A Run**
   
   x 40 yards (with DFlex)

* The difference between the A Skip and A Run is that the body will go into a slight lean with the A Run and the speed of the A step will become faster.

**Speed Drills**

1. **Sled Pulls Starts** (use 10% or 20% of body weight) 4 x 30 yards
**Speed Drills (con't)**

2. **Bullet Belt Starts**  
   2 x 35 yards

* If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete reaches 10 yards. This will give you the Bullet Belt effect.

3. **Bullet Belt Starts (Starting Position)**  
   3 x 30 Yards (without DFlex)

* If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete takes second step. This will give you the Bullet Belt effect.

4. **Starts (100%)**  
   2 X 30 yards (without DFlex)

* It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime be sure to get your recovery before going on to next set. Remember you are working speed not conditioning.
DAY 2

Movement Warm Up

1. **Acceleration**  
   1 x 50 yards (75%) + **Arm Swings** (forward, backward, across body)

2. **Backward Run**  
   1 x 50 yards (75%) + **Staggered hamstring stretch**

3. **Skipping Knee Tucks**  
   1 x 40 yards + **Saigon Squat**
**Movement Warm Up (cont')**

4. **Forward Lunge + Hip Flexor**  
   1 x 20 yards

5. **Backward Lunge**  
   1 x 20 yards

6. **Forward Skips**  
   1 x 30 yards  +  10 x **Body Weight Squats**

7. **Reach and Run**  
   1 x 50 yards  +  **Hamstring Stretch (right & left)**

8. **Up Tall and Fall Acceleration**  
   1 x 30 yards (75%)
Speed warm up

1. High Knees x 20 yards (with DFlex)

2. Ham Kicks x 20 yards (with DFlex)

3. B-Skip x 20 yards (with DFlex)

4. Fast Feet + Acceleration 2 x 40 yards (with DFlex)

* Move feet at a fast pace for 10 yards then accelerate the remainder of the 30 yards
**Speed Drills**

1. **Box Taps**
   - 2 sets x 10 repetitions
   - *Alternate feet on top of box. Try to stay in an upright position and concentrate on knee lift.*

2. **Alternate Leg Bounds for distance**
   - 2 x 30 yards

3. **Jump Tucks**
   - 2 x 10 repetitions
**Speed Drills (con’t)**

4. **Ins and Outs**
   - 3 x 60 yards
   - Use cones to mark 20 yard targets
   - Athlete builds speed to 1st cone 10 yard start
   - Athlete maintains force applied to ground from 1st cone to 2nd cone (20 yards) keeping speed constant
   - From 2nd cone to 3rd cone (20 yards) the athlete glides, but does not slow down
   - At the 3rd cone the athlete will re apply force to ground to the 4th cone (20 yards) for the remainder of drill
   - Total should be 60 yards

5. **100 yard Perfect Technique Strides (75%)**
   - 1 x 100

* This is a difficult drill. Be sure to work on proper technique the full 100 yards. This allows you to feel any Sprint technique errors. Maintaining proper sprint techniques will aid in all speed gains.

*Sprint Technique Ques:* Knee up, heel up, toe up, proper arm swing, be relaxed
Day 1

**Movement Warm Up**

1. **Acceleration**
   - 1 x 30 yards (75%)

2. **Backward**
   - 1 x 30 yards

3. **Shuffle (left and right)**
   - 1 x 30 yards

4. **Forward skips + Acceleration**
   - 20 yard skips / 30 yard accelerate
Movement Warm Up (con’t)

5. **Carioca** (right & left) 1 x 20 yards

6. **Acceleration + Walk Back to Start (90%)** 1 x 50 yards

Stretch Period

1. **Staggered Hamstring Stretch**
2. **Hip Flexor**
3. **Lateral Hamstring Stretch**
4. **Quad Pull**
**Stretch Period (con’t)**

5. **Arm Swings** (forward & Backward)  
6. **10 Bodyweight Squats**

7. **10 Goodmornings**

**Speed Warm Up**

1. **Fast Claw**  x 10 – cycle leg using proper running mechanics (knee up, heel up, toe up)

2. **High Knees**  x 20 yards (with DFlex)
**Speed Warm Up (cont')**

3. **Ham Kicks** x 20 yards (with DFlex)

4. **A Skip** x 20 yards (with DFlex)

5. **A Skip + A Run** x 40 yards (with DFlex)

*A Skip x 20 yards  A Run x 20 yards*

*The difference between the A Skip and the A Run is that the body will go into a slight lean with the A Run and the speed of the A step will become faster.*
**Speed Drills**

1. **Box Taps**
   
   2 sets x 10 repetitions
   
   * Alternate feet on top of box. Try to stay in an upright position and concentrate on knee lift.

2. **Sled Pulls (50% of Body Weight)**
   
   4 x 30 yards

3. **Bullet Belt Starts**
   
   (Starting Position) 2 x 35 Yards (without DFlex)

   * If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete takes second step. This will give you the Bullet Belt effect.
Speed Drills (con’t)

4. **Lying Stomach Starts**  
   4 x 25 yards (without DFlex)

5. **Starts (100%)**  
   2 x 30 yards (without DFlex)

*It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime be sure to get your recovery before going on to next set. Remember you are working speed not conditioning.*
DAY 2

Movement Warm Up

1. **Acceleration**  
   1 x 50 yards (75%) + **Arm Swings** (forward, backward, across body)

2. **Backward Run**  
   1 x 50 yards (75%) + **Staggered hamstring stretch**

3. **Skipping Knee Tucks**  
   1 x 40 yards + **Saigon Squat**
**Movement Warm Up (con't)**

4. **Forward Lunge + Hip Flexor**
   - 1 x 20 yards

5. **Backward Lunge**
   - 1 x 20 yards

6. **Forward Skips**
   - 1 x 30 yards
   + **Hamstring Stretch (right & left)**

7. **Up Tall and Fall Acceleration**
   - 1 x 30 yards (75%)
**Speed Warm Up**

1. **High Knees**  
   x 20 yards (with DFlex)

2. **Ham Kicks**  
   x 20 yards (with DFlex)

3. **B - Skip**  
   x 20 yards (with DFlex)

4. **Fast Feet + Acceleration**  
   2 x 40 yards (with DFlex)

* Move feet at a fast pace for 10 yards then accelerate the remainder of the 30 yards
**Speed Drills**

1. **Box Taps**
   
   2 sets x 10 repetitions

   * Alternate feet on top of box. Try to stay in an upright position and concentrate on knee lift.

2. **Alternate Leg Bounds for distance**
   
   2 x 30 yards

3. **Jump Tucks**
   
   2 x 10 repetitions
4. **Ins and Outs**

3 x 60 yards

- Use cones to mark 20 yard targets
- Athlete builds speed to 1st cone 10 yard start
- Athlete maintains force applied to ground from 1st cone to 2nd cone (20 yards) keeping speed constant
- From 2nd cone to 3rd cone (20 yards) the athlete glides, but does not slow down
- At the 3rd cone the athlete will re apply force to ground to the 4th cone (20 yards) for the remainder of drill
- Total should be 60 yards

5. **100 yard Perfect Technique Strides** (75%) 1 x 100

* This is a difficult drill. Be sure to work on proper technique the full 100 yards. This allows you to feel any Sprint technique errors. Maintaining proper sprint techniques will aid in all speed gains.

**Sprint Technique Ques**- Knee up, heel up, toe up, proper arm swing, be relaxed
ALPHA DOG SPEED TRAINING
8 WEEK SPEED CYCLE
WEEK 7

Day 1

Movement Warm Up

1. Acceleration 1 x 30 yards (75%)

2. Backward 1 x 30 yards

3. Shuffle (left and right) 1 x 30 yards

4. Forward skips + Acceleration 20 yard skips / 30 yard accelerate
**Movement Warm Up (cont.)**

5. **Carioca (right & left)**  
   1 x 20 yards

6. **Acceleration + Walk Back to Start (90%)**  
   1 x 50 yards

**Stretch Period**

1. **Staggered Hamstring Stretch**

2. **Hip Flexor**

3. **Lateral Hamstring Stretch**

4. **Quad Pull**
**Stretch Period (con’t)**

5. **Arm Swings (forward & Backward)**

6. **10 Bodyweight Squats**

7. **10 Goodmornings**

**Speed Warm Up**

1. **Fast Claw** x 10 – cycle leg using proper running mechanics (knee up, heel up, toe up)

2. **High Knees** x 20 yards (with DFlex)
**Speed Warm Up (con’t)**

3. **Ham Kicks**
   - x 20 yards (with DFlex)

4. **A Skip**
   - x 20 yards (with DFlex)

5. **A Skip + A Run**
   - x 40 yards (with DFlex)

*A Skip x 20 yards*          *A Run x 20 yards*

*The difference between the A Skip and the A Run is that the body will go into a slight lean with the A Run and the speed of the A step will become faster.*
**Speed Drills**

1. **Bullet Belt Starts**  
   2 x 35 yards

   * If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete reaches 15 yards. This will give you the Bullet Belt effect.

2. **Sled Pulls Starts (50% of bodyweight)**  
   3 x 25 yards

3. **Starts (100%)**  
   4 x 20 yards (without DFlex)
DAY 2

Movement Warm Up

1. Acceleration 1 x 30 yards (75%) + Arm Swings (forward, backward, across body)

   ![Acceleration Image]

2. Backward Run 1 x 30 yards (75%) + Staggered Ham Stretch

   ![Backward Run Image]

3. Skipping Knee Tucks 1 x 20 yards + Quad stretch

   ![Skipping Knee Tucks Image]
Movement Warm Up (con’t)

4. Walking Knee Tucks 1 x 30 yards + Hip Flexor Stretch

5. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

6. Reach and Run 1 x 30 yards + Hamstring Stretch (right & left)
**Speed Warm Up**

1. **High Knees**
   
   2 x 20 yards

2. **Ham Kicks**
   
   2 x 20 yards (without DFlex)

3. **A Skips**
   
   2 x 20 yards (without DFlex)

4. **B - Skip**
   
   x 20 yards (with DFlex)
**Speed Drills**

1. **Jump Tucks**  
   2 sets of 10

2. **Alternate Leg Bounds**  
   2 x 30 yards

3. 75 yard **Perfect Technique Strides (75%)**  
   1 x 75 yards  (without DFlex)
**Speed Drills (con’t)**

4. 45 yard Build up’s  
5. 45 yard Build up’s

2 x 45 yards (with DFlex)  
2 x 45 yards (without DFlex)

* The athlete starts out with a nice smooth acceleration for 15 yards then fully accelerates the last 30 yards

**Sprint Technique Ques.** - Knee up, heel up, toe up, proper arm swing, be relaxed
DAY 1

Movement Warm Up

1. **Acceleration**
   - 1 x 30 yards (75%) + **Arm Swings** (forward, backward, across body)

2. **Acceleration**
   - 1 x 30 yards (75%) + **Staggered Ham Stretch**

3. **Backward Run**
   - 1 x 30 yards + **Quad Stretch**
Movement Warm up (con’t)

4. Walking Knee Tucks 1 x 30 yards + Hip Flexor Stretch

5. Forward Skips 1 x 30 yards + 10 x Body Weight Squats

Speed Warm Up

1. Fast Claw x 10 – cycle leg using proper running mechanics (knee up, heel up, toe up)
**Speed Warm Up (Con’t)**

2. **High Knees**  
   2 x 20 yards

3. **Ham Kicks**  
   2 x 20 yards (without DFlex)

4. **A Skips**  
   2 x 20 yards (without DFlex)

5. **A Skip + A Run**  
   x 40 yards (with DFlex)
**Speed Drills**

1. **Bullet Belt Starts** *(Starting Position)*  
   2 x 35 Yards *(without DFlex)*

   *If you do not have a Bullet Belt use a long towel around your waist. Release one end as athlete takes second step. This will give you the Bullet Belt effect.*

2. **Lying Stomach Starts**  
   2 x 25 yards *(without DFlex)*

3. **Starts (100%)**  
   2 x 30 yards *(without DFlex)*

*It is very important to get full recovery between repetitions. This usually takes between 2 or 3 minutes between repetitions. If you feel tired at anytime be sure to get your recovery before going on to next set. Remember you are working speed not conditioning.*

* **IT IS VERY IMPORTANT TO REST 2 OR 3 DAYS PRIOR TO TEST DAY**
ALPHA DOG SPEED TRAINING
8 WEEK SPEED CYCLE
WEEK 8
TEST DAY

DAY 2

Movement Warm Up

1. Acceleration  
   1 x 30 yards (75%) + Arm Swings (forward, backward, across body)

2. Acceleration  
   1 x 30 yards (75%) + Staggered Ham Stretch

3. Backward Run  
   1 x 30 yards + Quad Stretch
### Movement Warm up (con’t)

<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Notes</th>
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<tbody>
<tr>
<td>4. Walking Knee Tucks</td>
<td>1 x 30 yards</td>
<td>+ Hip Flexor Stretch</td>
</tr>
<tr>
<td>5. Forward Skips</td>
<td>1 x 30 yards</td>
<td>+ 10 x Body Weight Squats</td>
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### Stretch Period

<table>
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<td>3. Lateral Hamstring Stretch</td>
<td>4. Quad Pull</td>
</tr>
</tbody>
</table>
Stretch Period (con’t)

5. Arm Swings (forward & backward)  6. 10 Bodyweight Squats

WARM UP FOR 40 YARD TEST

Starts (100%)  2 X 10 yards (without DFlex)

Starts (100%)  2 X 20 yards (without DFlex)

TEST 40 YARD SPRINT

GOOD LUCK!