

**OLYMPIC DEVELOPMENT PROGRAM
PURE SPEED PROGRAM
U14-U16**

The use by younger athletes is not recommended. Older athletes will profit more from making specific modifications of this workout plus additional activities designed for them in mind (age, fitness level, etc.)

Brief descriptions of the drills are given on the following page. Use these as often as necessary in order to maintain proper execution of the drills. Doing the exercises incorrectly will not develop the areas necessary for the specific goal of the workout. (You will not gain strength in the specific muscles desired).

This workout is a challenging workout that will return more than what you invest. Use it wisely.

Kangaroo Jump	Keep back straight, jump with both feet at chest as your flexibility will allow you, do not go for distance, just execute correctly.
Mule Jump	Keep back straight, jump with both feet at the same time, bring heels as close to the bottom as your flexibility will allow, do not go for distance, just execute correctly.
Forward Lunge	Step forward, touch knee lightly to the ground, keep straight, do not touch legs or ground with hands.
Backward Lunge	Step backward, touch knee lightly to the ground, keep back straight, do not touch legs or ground with hands, try not to look back, feel for the ground.
Line Run	Each step is on the line, try to contact the ground with only the ball of your foot, increase speed quickly so you are at 80% within 10 steps.
Shuttle Run	Run aggressively Forward 10 yards Then run backward 5 yards Forward 10 yards Then run backward 5 yards Keep running in this pattern until You reach the designated distance for the starting line
Sprint	Run all out Run on the balls of your feet (toes if you can) Really drive the arms Back straight Focus 15 yards in front with your eyes Lengthen your stride after 10 steps

WEEK ONE WORKOUT

Day One: 4 sets

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Two: 3 sets

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Three:

Stretch
Stride .5 mile

Day Four: 4 sets

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint

10 yd Walk
40 yd Sprint
200 yd Jog

Day Five: 3 sets

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Six

Stretch
Stride .75 mile

Day Seven

Light running, stretch, etc.

WEEK TWO WORKOUT

Day One: 3 sets

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

Day Two: 2 sets

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

Day Three:

Stretch
Stride .75 mile

Day Four: 3 sets

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint

15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

Day Five: 2 sets

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

Day Six

Stretch
Stride 1.0 mile

Day Seven

Light running, stretch, etc.

WEEK THREE WORKOUT

Day One: 2 sets

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

Day Two: 2 sets

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

Day Three:

Stretch
Stride 1.0 mile

Day Four: 2 sets

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint

15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

Day Five: 2 sets

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

Day Six

Stretch
Stride 1.25 mile

Day Seven

Light running, stretch, etc.

WEEK FOUR WORKOUT

Day One: 1 set of each

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
30 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Two: 1 set of each

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Three:

Stretch
Stride 1.25 mile

Day Four: 1 set of each

35 yd Kangaroo Jump
35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

30 yd Kangaroo Jump
30 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
15 yd Walk
40 yd Sprint
15 yd Walk
40 yd Sprint
200 yd Jog

20 yd Kangaroo Jump
20 yd Mule Jump
10 yd Forward Lunge
10 yd Backward Lunge
80 yd Line run (80% speed)
40 yd Shuttle Run (facing forward)
40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Five: 1 set of each

35 yd Kangaroo Jump

35 yd Mule Jump
15 yd Forward Lunge
15 yd Backward Lunge
80 yd Line run (80% speed)
45 yd Shuttle Run (facing forward)
45 yd Sprint
15 yd Walk
45 yd Sprint
15 yd Walk
45 yd Sprint
200 yd Jog

30 yd Kangaroo Jump
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80 yd Line run (80% speed)
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40 yd Sprint
10 yd Walk
40 yd Sprint
10 yd Walk
40 yd Sprint
200 yd Jog

Day Six

Stretch
Stride 1.5 mile

Day Seven

Light running, stretch, etc.