**Lee Taft Speed Academy**

Program

Program Design: 2, 3, or 4 Day Program

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| Day -A Day  Week- 1-2  Focus- Linear  Level- Foundational/Preparation | | | | | |
| **Exercises** | **Reps/ Time** | **Sets** | **Distance** | **Speed/ Effort** | **Recovery** |
| **Warm Up Routine** |  |  |  |  |  |
| **Jump Landing**  -Forward  -Angled | 5 | 2 | x | Control | x |
| **Jump Rope**  -Phase 1 | :15-:20s | 1 | x | Low/ medium | :20-30s |
| **Deceleration**  -For/back lunge stop  -Split step | 5 ea | 1-2 | 10 yards | Low/ medium | x |
| **Acceleration**  **-**Staggered start  -Falling Start  -1/2 kneeling start | 4ea | 1 | 10-20 yards | High | :30s |
| **Retreating to Returns**  -Backpedal return run | 5 | 2 | 10 yards | Medium |  |
|  |  |  |  |  |  |
| Day -B Day  Week- 1-2  Focus- Lateral  Level- Foundational/Preparation | | | | | |
| **Exercises** | **Reps/ Time** | **Sets** | **Distance** | **Speed/ Effort** | **Recovery** |
| **Warm Up Routine** |  |  |  |  |  |
| **Jump Landing**  -Lateral  -Lateral Leap | 5ea | 2 | x | Control | x |
| **Jump Rope**  -Phase 1 | :15-:20s | 1 | x | Low/ medium | :20-30s |
| **Deceleration**  -Rotational/angled stop  -Shuffle | 5 ea | 1-2 | 10 yards  5 yards | Low/ medium | x |
| **Acceleration**  **-**Shuffle (walk out)  -Crossover (walk out)  -1/2 kneeling start | 5ea | 1-2 | 6 yard shuffle  8 yard crossover | Medium | :30s |
| **Cutting**  -45 degree rehearsed  -45 degree fake cuts | 6 cones | 5ea | 30 yards | Medium | :45s |
| \*This is an example program I have used with teams. If you only train 2 days per week then use it as an A Day – B Day format. If it is a 3 day program then the format for 2 weeks would be A Day B Day A Day, B Day A Day B Day. If it were a 4 day a week program each A and B Day gets used 2x’s per week.  \*\*In the case of the 4 day week the phases (time in which you would stay with certain exercises and intensities would change much quicker due to exposure to exercises. | | | | | |