

HOME-BASED SPEED & POWER PROGRAM

FOR YOUTH AND COLLEGIATE ATHLETES

"UNFOLD YOUR MYTH"

PROGRAM FAQ'S

Welcome! We're very excited you've decided to take the next step in your athletic development. Before you get started there is a couple of things you should know about this training program:

[1] To complete this program you won't need much more equipment than a band and a set of dumbbells/water bottles. If you don't have these items don't worry! We've provided options to replace these exercises

[2] The days you spend working on your speed you will need access to a piece of land you can run on. It doesn't have to be a field marked out with lines, but you should be able to run 100% without having to avoid holes on the ground or any other obstacles.

[3] Technique and attention to detail will make all the difference when completing these sessions. We will spend some time going over running mechanics, so the idea is to transfer these concepts to your running when you're going full speed. Don't just go through the motions!

[4] If you are serious enough about getting better, you know that we cannot perform at our best without fueling ourselves properly. Make sure you are putting quality food in your body and staying hydrated. Your body will thank you in the long run and your performance will improve drastically.

For videos on the running mechanics drills and more exercises check out our YouTube channel [Skope Sports Performance](#). If you have any other questions/concerns, feel free to shoot us a message at skope.sports@gmail.com

Lucas Baistrocchi

Head Coach and CEO

DAY 1 - ACCELERATION

Today's *Skope*: To develop maximal horizontal force application so we can move faster from a complete stop

Warm up

400 m jog or 1 lap around field

Mobility

World's greatest stretch	3 each leg
Inchworms	5 reps
Quad pull into knee hug	5 each leg
Side lunges	5 each leg
Hip openers	10 each leg

Running Mechanics

Wall drill single leg exchanges	2 sets 10 reps each leg
High knee march	2 sets 20 m
High knee triple exchanges	2 sets 20 m
A-skips	3 sets 20 m
B-skips	3 sets 20 m
Dribble	3 sets 30 m

Plyometrics

Double leg hops	20 jumps
Single leg hops	10 jumps each leg

Acceleration work

10 m sprints	4 reps start on chest, 4 reps start sideways
15 m resisted sprints (sled/band/holding a bag)	6 reps (full recovery between reps)

Cooldown

400 m jog or 1 lap around field	
Calf stretch against wall	30 sec each leg
Quad pull stretch	30 sec each leg
Bent over toe touch	60 sec
Butterfly stretch	60 sec
T-spine rotation stretch	30 sec each leg
Pigeon stretch	60 sec

DAY 2 - FULL BODY POWER

Today's *Skope*: To develop our ability to exert maximal force through our muscles by increasing the recruitment of our fast and slow twitch fibers.

Warm up

Jump rope/Jumping jacks 3 minutes

Mobility

Fire hydrants 5 each leg
Bird dogs 5 each side
Roll and reach 5 total
Scorpions 3 each side
Thread the needle 5 each arm
Plank toe touch + push up 5 each side

Full Body Superset 1

Close-grip push ups 4 sets 15-20 reps
Bulgarian Split Squats 4 sets 10-12 reps each leg

Full Body Superset 2

Band Rows/Row ISO-Holds 4 sets 15-20 reps/15-20 sec hold
Band Good Mornings/Hip Bridge 4 sets 15-20 reps/20-25 reps

Full Body Superset 3

DB Shoulder Press/Water Bottle Press 4 sets 15-20 reps/15-20 reps
Overhead Lunges (DB/Water Bottle) 4 sets 10-12 reps each leg

Core

Hollow Rocks/V-Ups 3 sets 25-30 reps

Cool-down

Pec stretch against wall stretch 30 sec each side
Lat stretch from wall stretch 30 sec each side
Calf stretch against wall stretch 30 sec each leg
Quad pull stretch 30 sec each leg
Bent over toe touch stretch 60 sec
Butterfly stretch 60 sec
T-spine rotation stretch 30 sec each side
Pigeon stretch 60 sec

DAY 3 - C.O.D

Today's *Skope*: To change directions as quickly as possible by developing neuromuscular adaptations and fine tuning foot mechanics and shifting of body weight.

Warm up

400 m jog or 1 lap around field

Mobility

World's greatest stretch	3 each leg
Inchworms	5 reps
Quad pull into knee hug	5 each leg
Side lunges	5 each leg
Hip openers	10 each leg

Running Mechanics

Wall drill crossovers	2 sets 10 reps each leg
High knee march	2 sets 20 m
High knee double exchanges	2 sets 20 m
Lateral A-skips	3 sets 20 m
Straight-leg runs	3 sets 20 m
Side Shuffle	2 sets 30 m each side

Plyometrics

Ski Jumps	10 jumps each leg
Broad Jumps	20 jumps

C.O.D work

4 cone Y-Drill	4 reps (full recovery between reps)
Flying 20's COD	4 reps (full recovery between reps)
5-10-5 Drill	4 reps (full recovery between reps)

Cooldown

400 m jog or 1 lap around field	
Calf stretch against wall	30 sec each leg
Quad pull stretch	30 sec each leg
Bent over toe touch	60 sec
Butterfly stretch	60 sec
T-spine rotation stretch	30 sec each leg
Pigeon stretch	60 sec

DAY 4 - FULL BODY POWER

Today's *Skope*: To develop our ability to exert maximal force through our muscles by increasing the recruitment of our fast and slow twitch fibers.

Warm up

Jump rope/Jumping jacks 3 minutes

Mobility

Fire hydrants 5 each leg
Bird dogs 5 each side
Roll and reach 5 reps total
Scorpions 3 each side
Thread the needle 5 each arm
Plank toe touch + push up 5 each side

Full Body Superset 1

Chair/Bench Dips 4 sets 15-20 reps
Chair/Bench Step ups 4 sets 10-12 reps each leg

Full Body Superset 2

Chair/Bench Inverse Rows 4 sets 15-20 reps
Hamstring Walk-Outs 4 sets 5 reps

Full Body Superset 3

Plank Shoulder Taps 4 sets 15-20 reps each arm
Wall Sits 4 sets max time hold

Core

Windshield Wipers/Side Plank Dips 3 sets 10-15 reps each side

Cool-down

Pec stretch against wall stretch 30 sec each side
Lat stretch from wall stretch 30 sec each side
Calf stretch against wall stretch 30 sec each leg
Quad pull stretch 30 sec each leg
Bent over toe touch stretch 60 sec
Butterfly stretch 60 sec
T-spine rotation stretch 30 sec each side
Pigeon stretch 60 sec

DAY 5 - TOP SPEED

Today's *Skope*: To decrease the contact time of the foot during maximal intensity running and maximize the distance covered within a certain time period.

Warm up

400 m jog or 1 lap around field

Mobility

World's greatest stretch	3 each leg
Inchworms	5 reps
Quad pull into knee hug	5 each leg
Side lunges	5 each leg
Hip openers	10 each leg

Running Mechanics

Arm swing drill	2 sets 30 sec
Wall drill single leg exchanges	2 sets 10 reps each leg
High knee march	2 sets 20 m
High knee single exchanges	2 sets 20 m
A-skips	3 sets 20 m
Jump &'s	3 sets 20 m
Dribble	2 sets 30 m each side

Plyometrics

High Skips	20 skips
2-to-1 Jumps	10 jumps each leg

Top Speed work

40 m sprint	2 reps (full recovery between reps)
60 m sprint	2 reps (full recovery between reps)
100 m sprint	2 reps (full recovery between reps)

Cooldown

400 m jog or 1 lap around field	
Calf stretch against wall	30 sec each leg
Quad pull stretch	30 sec each leg
Bent over toe touch	60 sec
Butterfly stretch	60 sec
T-spine rotation stretch	30 sec each leg
Pigeon stretch	60 sec

DAY 6 - WORK RATE

Today's *Skope*: To train the mind and increase our work capacity through a challenging full-body workout

Warm up

400 m jog or 1 lap around the field

Mobility

Fire hydrants	5 each leg
Bird dogs	5 each side
Roll and reach	5 reps total
Scorpions	3 each side
Thread the needle	5 each arm
Plank toe touch + push up	5 each side

Strength & Conditioning Challenge

Run field in X-pattern stopping at each corner for one of the following stations. Continue for 40 mins.

1) Burpee Star Jumps	12 reps
2) DB/Water Bottle Man Maker	6 reps
3) DB/Water Bottle Surrenders	12 reps
4) T-Push Ups	6 reps each side

Cool-down

Pec stretch against wall stretch	30 sec each side
Lat stretch from wall stretch	30 sec each side
Calf stretch against wall stretch	30 sec each leg
Quad pull stretch	30 sec each leg
Bent over toe touch stretch	60 sec
Butterfly stretch	60 sec
T-spine rotation stretch	30 sec each side
Pigeon stretch	60 sec