FREE SAMPLE · ACCELERATION DEVELOPMENT PROGRAM

FASTER OFF THE MARK. WEEKS 1 & 2.

The first four speed and agility sessions from Coach Al's 4-week Acceleration Development program. Benchmark yourself in Week 1, then sharpen your first step, reactions and braking in Week 2.

SESSIONS	WEEKS	RECOVERY	WHERE
4	1–2 of 4	48 h+	Track

By **Alistair Tait** Head Coach, Power2ADAPT Australian Athletics Level 4 High Performance Coach

BEFORE YOU START

HOW TO USE THESE TWO WEEKS

THE PLAN

- **Two sessions a week**, at least 48 hours apart. Monday and Thursday works well.
- **Session 1 is your benchmark.** Record your best times on this page, then retest in Week 4 to see what's changed.
- **Quality over quantity.** Every sprint is full effort. If your reps slow down, the session has done its job.
- Take the full rest. Short rest turns speed work into fitness work.

WHAT YOU NEED

- A track, oval or flat grass area with 50 m of space
- 8–10 marker cones and a tape measure
- A stopwatch or phone, and someone to time you
- A tennis ball, 4 different-coloured cones and a whistle
- Low hurdles (15 cm and 30 cm), or cones instead

PLAY IT SAFE

- Never skip the warm-up.
- Stop if anything hurts, beyond normal effort.
- Younger athletes should train with an adult or coach present.

COACH AL'S ACCELERATION CUES

START WITH INTENT. AGGRESSIVE ARMS. | **PUSH THE GROUND AWAY**

PUNCH THE BACK LEG THROUGH | **PUSH BACK, NOT DOWN** | **BIG ARMS. QUICK, POWERFUL STEPS**

YOUR BENCHMARK RESULTS

TEST	ATTEMPT 1	ATTEMPT 2	ATTEMPT 3	BEST · WEEK 1	BEST · WEEK 4
T-Test (s)					Full program
Compass drill (s)					Full program
20 m sprint (s)					Full program
Broad jump (cm)					Full program

▶ **Watch** buttons link to Coach Al's demo videos on YouTube. Compare your 20 m time with AIS athletes in your sport in the Faster Off the Mark article at power2adapt.coach.

EVERY SESSION

THE WARM-UP

~10-15 min

Do this before every session. It raises your temperature, wakes up the feet and ankles, and grooves the sprint positions before you go fast.

BLOCK	WHAT TO DO	REST
JOG	1 easy lap	–
ACTIVE WARM-UP over 20 m · ~5 min	Skipping up and back ▶ Watch skips Side skip up and back Backpedal, skip forward Pogos on the spot × 20 ▶ Watch pogos Pogos side to side × 10 Pogos forward and back × 10	Walk back
RUNNING DRILLS ~5 min · no equipment	A-skip × 2 Butt kicks × 2 Scissors × 2 High-knee running × 2	Walk back

COACH'S NOTE

Pogos are short, stiff bounces off the balls of your feet. Keep your ankles firm and spend as little time on the ground as you can.

THE KNEELING SPLIT-STANCE START

Used as a primer in Sessions 1–3. Kneel with one knee down and the opposite foot forward, arms ready. Explode forward, pushing the ground away with the front leg and driving the arms hard. Run 3–5 strides and walk back.

WEEK 1 · DAY 1

SESSION 1: BENCHMARK

Speed · Agility · Plyo

BLOCK	WHAT TO DO	REST
WARM-UP	Full warm-up from page 3	–
RUN-THROUGHS	4 × 50 m at 60%, 70%, 80%, 90%	Walk back
START PRIMER	4 × 10 kneeling split-stance starts ▶ Watch Push off and drive the arms	Walk back
ACCELERATION	4 × 10 m from a standing start ▶ Watch	Walk back
AGILITY BENCHMARK	**T-Test** × 3 attempts ▶ Watch **Compass drill** × 3 attempts ▶ Watch Record your best of each on page 2	2-3 min
SPEED	4 × 20 m from a standing start 3 × 40 m fast, from a standing start	1 min 2 min
PLYOMETRICS	3 × 10 side-to-side jumps over a line or cone 3 × 10 speed skaters (cones 1 m apart, or lane lines) ▶ Watch ▶ Rear view	Walk back
COOL-DOWN	Easy lap, or 50 m run-throughs at 60%, then static stretching	–

WHY WE TEST FIRST

You can't measure improvement without a starting point. Write your best T-Test and Compass times on page 2. In the full program you retest in Week 4.

WEEK 1 · DAY 4

SESSION 2: SPEED & POWER

Speed · Agility · Plyo

BLOCK	WHAT TO DO	REST
WARM-UP	Full warm-up from page 3	–
RUN-THROUGHS	4 × 50 m at 60%, 70%, 80%, 90%	Walk back
START PRIMER	4 × 10 kneeling split-stance starts ▶ Watch Push off and drive the arms	Walk back
ACCELERATION	4 × 10 m from a standing start ▶ Watch	Walk back
AGILITY	Tennis-ball cone agility drill × 4 sets ▶ Watch 4 × 40 m zig-zag runs ▶ Watch	2 min 2 min
SPEED	4 × 20 m from a standing start 2 × 50 m sprints	2 min 4 min
PLYOMETRICS	Broad jumps × 3, as far as you can Hops: 3 sets of 5 on each leg, as far as you can	Walk back + 2 min 2 min between sets
COOL-DOWN	Easy jog and stretching	–

BROAD JUMPS & HOPS

These are maximal efforts. Measure your best broad jump and add it to page 2. Land softly with bent knees, and walk back before your next attempt.

WEEK 2 · DAY 1

SESSION 3: REACT & STOP

Speed · Agility · Plyo

BLOCK	WHAT TO DO	REST
WARM-UP	Full warm-up from page 3	–
RUN-THROUGHS	4 × 50 m at 60%, 70%, 80%, 90%	Walk back
START PRIMER	4 × 10 kneeling split-stance starts ▶ Watch	Walk back
ACCELERATION	4 × 10 m from a standing start ▶ Watch the push-off Place a marker or coloured tape 50 cm in front of the start line. Drive the back knee through, plant the first foot past the marker, switch the arms hard, and push into the track for the first 3–5 strides.	Walk back
AGILITY	**Traffic-light drill** × 4 ▶ Watch Four coloured cones around a middle start cone. Sprint to red and back, yellow and back, green and back, with a partner calling colours in random order, or several at once. **Zig-zag at speed** over 40 m ▶ Watch	Walk back
SPEED	4 × 30 m sprint and stop ▶ Watch On the whistle, stop dead as fast as you can. Mix 2–3 full sprints with 2–3 stops.	Walk back
PLYOMETRICS	4 × 4 jumps over 30 cm hurdles or cones Jump out past the last hurdle and stick the landing.	Walk back

WHY THE MARKER?

It forces a long, powerful first step instead of a short, choppy one. Start with intent. Aggressive arms.

WEEK 2 · DAY 4

SESSION 4: CHANGE GEARS

Speed · Agility · Plyo

BLOCK	WHAT TO DO	REST
WARM-UP	Full warm-up from page 3	–
ACCELERATION	4 × 10 m from a standing start ▶ Watch the push-off Place a marker or coloured tape 50 cm in front of the start line. Drive the back knee through, plant the first foot past the marker, switch the arms hard, and push into the track for the first 3–5 strides.	Walk back
AGILITY	4 × compass drill ▶ Watch 4 × 10 m speed skaters into a 20 m sprint (30 m total) ▶ Watch ▶ Rear view	2 min 3 min
SPEED	4 × 60 m in-and-outs ▶ Watch Hard 10 m, coast 15 m, hard 10 m, coast 15 m, hard 10 m	3 min
PLYOMETRICS	4 × **Hop, hop, hop, stop!** on each leg Hop over cones or 15 cm hurdles placed 2–3 shoe-lengths apart. Stop still and hold your balance after the last hop.	Walk back

IN-AND-OUTS

"Coast" means relax and hold your speed, not slow to a jog. Then switch back on hard. Learning to change gears is what wins contests in team sports.

THE FULL PROGRAM

YOU'VE DONE THE FIRST HALF. HERE'S WHERE IT GOES.

01
Sessions 1-2

IN THIS PDF

BENCHMARK & BUILD

Agility benchmarks, standing-start acceleration, 20–50 m sprints, side jumps, speed skaters, broad jumps and single-leg hops.

02
Sessions 3-4

IN THIS PDF

REACT, BRAKE & RE-ACCELERATE

A marker-start drill to sharpen the first step, a colour-call reaction drill, sprint-and-stop work, sprints with speed changes, and hurdle jumps with a held landing.

03
Sessions 5-6

FULL PROGRAM

RESISTED POWER & PUSH-OFF

Band, harness or hill runs, the 5-10-5 pro-agility test, stop-start sprints, and band knee drives and split squats for stability.

04
Sessions 7-8

FULL PROGRAM

RETEST & CHANGE DIRECTION

Retest your T-Test, Compass, 20 m sprint and broad jump against Week 1, then cutting patterns, side-step zones and lateral hurdle work.

Get Weeks 3 and 4 in the full program: resisted power work, change of direction, and the Week 4 retest to see how much you've improved.

GET THE FULL 4 WEEKS

finalsurge.com/coach/power2adapt

WANT IT MEASURED PROPERLY?

Book a speed test or a coaching session with Power2ADAPT on the Mornington Peninsula. We time your sprints, measure your jump and build the program around you.

INFO@POWER2ADAPT.COM **0434 679 395**

Want to know more about what we do? Join our Skool community.

power2adapt.coach

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