Extended speed exercises

Extended speed exercise 1

Start					
Set 1	S	8 x 20m			
Set 2	S	6 x 40m			
Set 3	S	4 x 60m			
Set 4	S			2 x 80m	

4 sets of fast runs

Set 1 (8 x 20m)	2'40"
Set 2 (6 x 40m)	4 min
Set 3 (4 x 60m)	3'20"
Set 4 (2 x 80m)	2 min
Recovery	2' each set
Total duration	18 min

Walking	W	---
Jogging	J	800 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	800 m
Total distance		1600 m

All together, 20 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 20"	Set 1 every 25"
Set 2 every 40"	Set 2 every 45"
Set 3 every 50"	Set 3 every 55"
Set 4 every 60"	Set 4 every 65"

Recovery: 2 min in between each set

Extended speed exercise 2

Start

S 4 x 30m
Set 1

S 3 x 40m
Set 2

S 2 x 60m
Set 3

S 1 x 100 m
Set 4

2 sets of 10 fast runs

Set 1 (10 sprints)		8 min
Recovery		5 min
Set 2 (10 sprints)		8 min
Total duration		16 min

Walking	W	---
Jogging	J	920 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	920 m
Total distance		1840 m

Set 1: 10 fast runs should be performed from a dynamic start position. Decelerate smoothly, turn and jog back to the start. Depending on the age and/or fitness level, the re-starts are timed as follows:

TOP	INTERMEDIATE
Set 1 every 30"	Set 1 every 35"
Set 2 every 40"	Set 2 every 45"
Set 3 every 60"	Set 3 every 65"
Set 4 every 100"	Set 4 every 110"

Recovery: 2 min in between each set

Set 2: Again, perform 10 sprints

Extended speed exercise 3

Start

Set 1   S   8 x 50m

Set 2   S   4 x 80m

Set 3   S

10 x 16m

Set 1 (8 x 50m)	10 min
Set 2 (4 x 80m)	7.5 min
Set 3 (10 x 16m)	3.5 min
Recovery	2' each set
Total duration	27 min

Walking	W	---
Jogging	J	880 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	880 m
Total distance		1760 m

Set 1: 8 sprints to the midline (50" recovery in between each sprint).

Set 2: 4 sprints of 80 m (70" recovery in between each sprint).

Set 3: 10 sprints to the penalty box (20" recovery in between each sprint).

Recovery: between each set 2'30" or 1 lap of jogging around the pitch.

Extended speed exercise 4
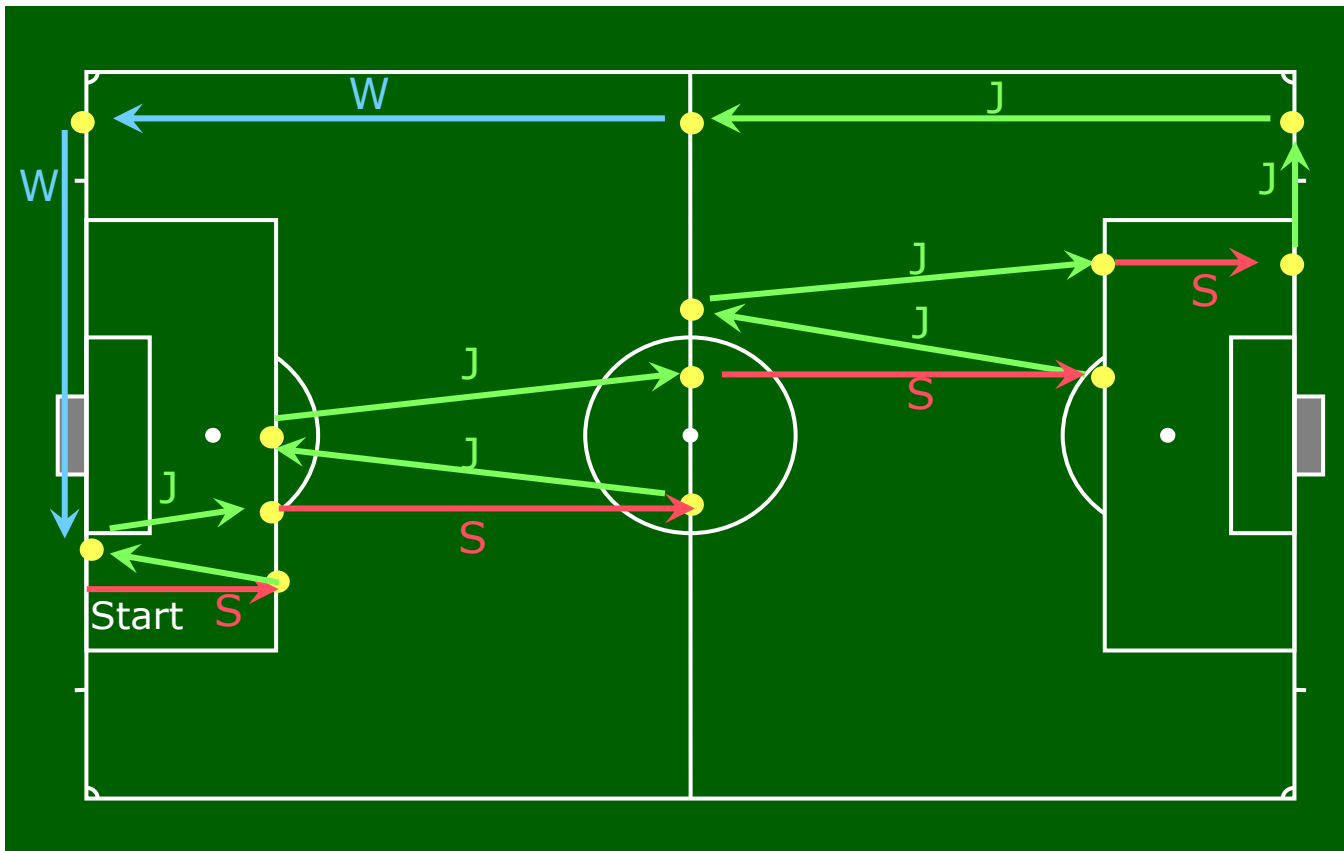
One lap	2'30"
Set 1 (4 laps)	10 min
Recovery	4 min
Set 2 (4 laps)	10 min
Total duration	24 min

Walking	W	720 m
Jogging	J	1504 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	824 m
Total distance		3048 m

Set 1: Run 4 laps of the extended speed exercise as indicated in the picture.

Recovery: 4 min.

Set 2: Again 4 laps of the same exercise.

Speed exercises

Speed exercise 1

2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	---
Sprint	S	320 m
Total distance		1120 m

Set 1: Sprint exercise in the penalty box, 5 laps in total. The referee runs with the 4th official and the 2 assistant referees run together.

Recovery: 5 min

Set 2: Sprint exercise in the penalty box, again 5 laps in total

Speed exercise 2
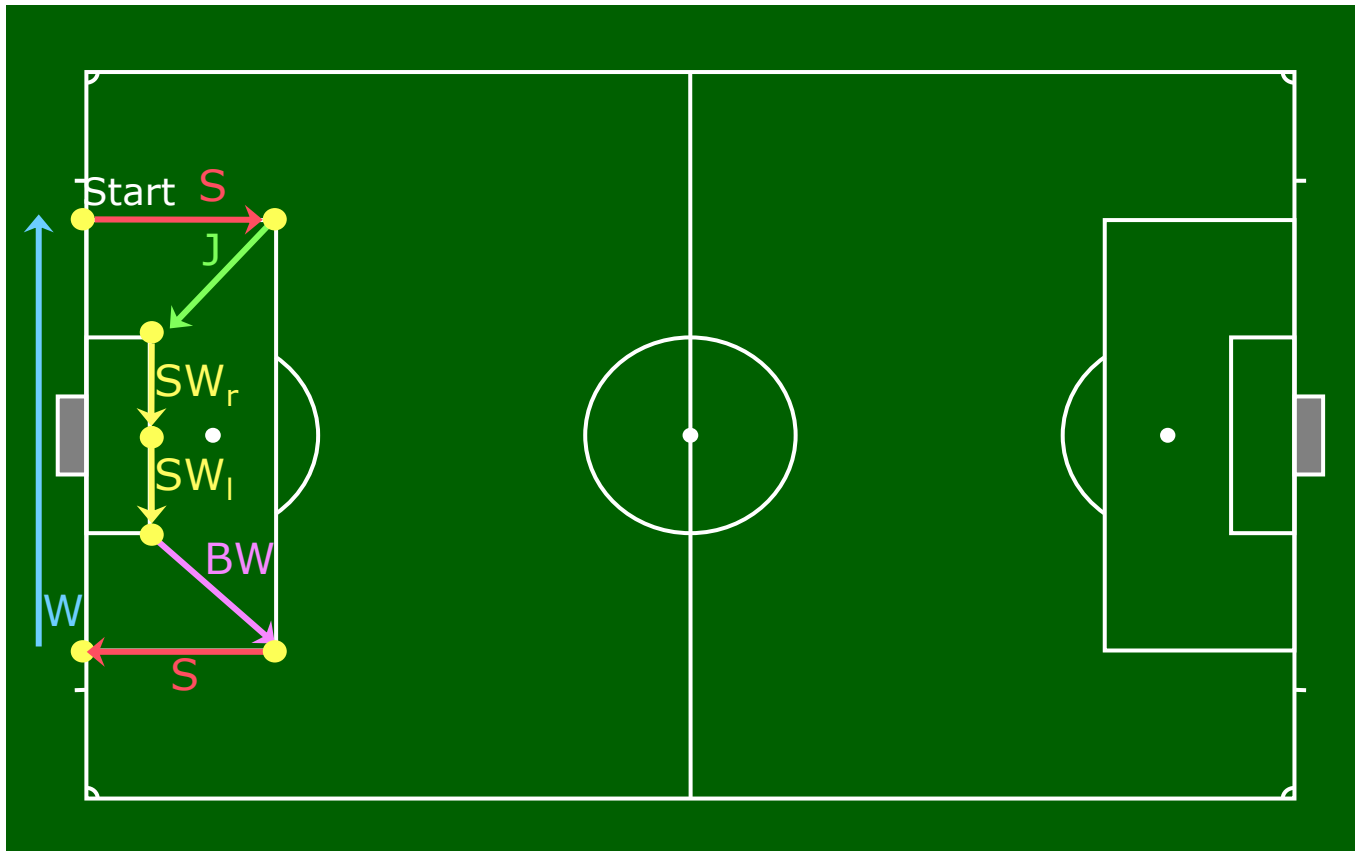
2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	100 m
Backwards	BW	100 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	320 m
Total distance		1120 m

Set 1: Sprint exercise in the penalty box, 5 laps in total.

Recovery: 5 min.

Set 2: Sprint exercise in the penalty box, again 5 laps in total.

Speed exercise 3

2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	---
Sprint	S	320 m
Total distance		1120 m

Set 1: Sprint exercise in the penalty box, 5 laps in total

Recovery: 5 min

Set 2: Sprint exercise in the penalty box, again 5 laps in total

Speed exercise 4

2 sets of 5 laps

One lap	1 min
Set 1 (5 laps)	5 min
Recovery	5 min
Set 2 (5 laps)	5 min
Total duration	15 min

Walking	W	400 m
Jogging	J	---
Backwards	BW	200 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	520 m
Total distance		1320 m

Set 1: Sprint exercise in the penalty box, 5 laps in total

Recovery: 5 min

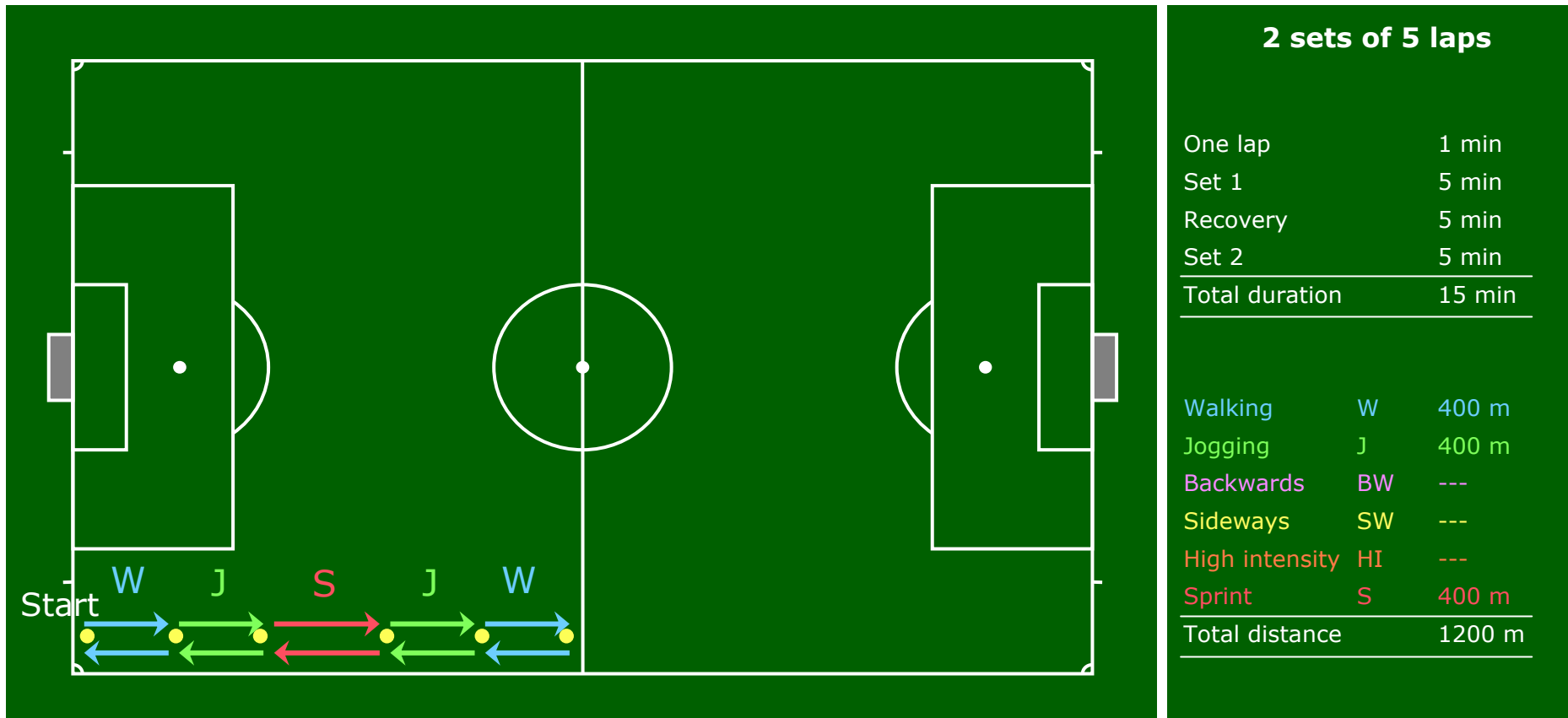**Set 2:** Sprint exercise in the penalty box, again 5 laps in total

Speed exercise 5

2 sets of 5 laps

One lap		1 min
Set 1		5 min
Recovery		5 min
Set 2		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	400 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	400 m
Total distance		1200 m

Set 1: Sprint exercise as indicated in the figure (5 laps). The match officials line up as a team (the referee, the two assistant referees and the 4th official) and run at the same level.

Recovery: 5 minutes

Set 2: Sprint exercise, again 5 minutes in total. Now, the referees run backwards before the sprint and the assistant referees sideways.

Speed exercise 5

2 sets of 5 laps

One lap		1 min
Set 1		5 min
Recovery		5 min
Set 2		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	400 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	400 m
Total distance		1200 m

Set 1: Sprint exercise as indicated in the figure (5 laps). The match officials line up as a team (the referee, the two assistant referees and the 4th official) and run at the same level.

Recovery: 5 minutes

Set 2: Sprint exercise, again 5 minutes in total. Now, the referees run backwards before the sprint and the assistant referees sideways.

Speed exercise 6

2 sets of 5 laps

One lap	1 min
Set 1 (5 laps)	5 min
Recovery	5 min
Set 2 (5 laps)	5 min
Total duration	15 min

Walking	W	200 m
Jogging	J	300 m
Backwards	BW	100 m
Sideways	SW	200 m
High intensity	HI	---
Sprint	S	400 m
Total distance		1200 m

Set 1: Variation on the centre circle sprint, 5 laps.

Recovery: 5 min

Set 2: Variation on the centre circle sprint, 5 laps.

Speed exercise 7
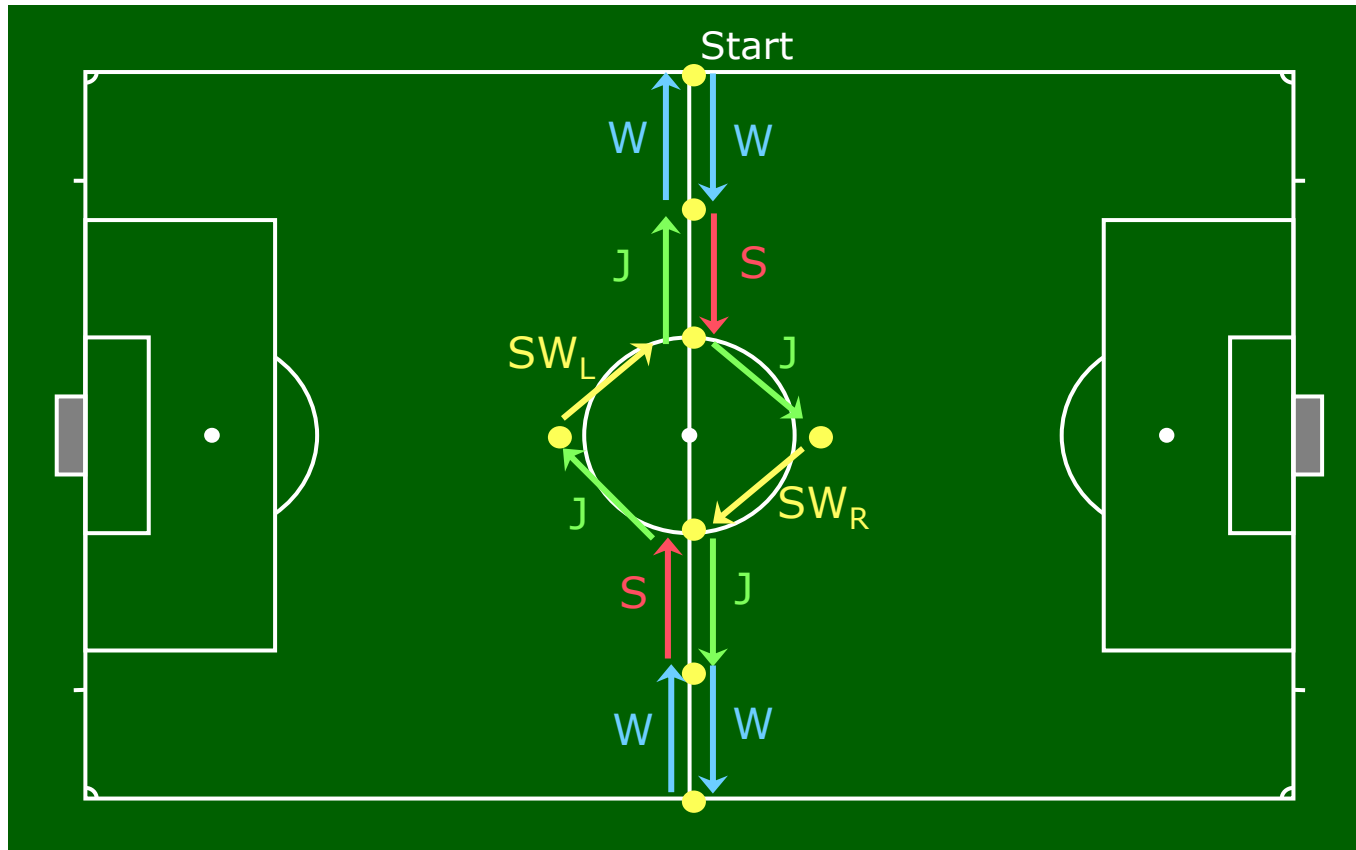
2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	400 m
Jogging	J	500 m
Backwards	BW	---
Sideways	SW	300 m
High intensity	HI	---
Sprint	S	200 m
Total distance		1400 m

Set 1: Variation on the centre circle sprint, 5 laps.

Recovery: 5 min

Set 2: Variation on the centre circle sprint, 5 laps.

Speed exercise 8

2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	200 m
Jogging	J	200 m
Backwards	BW	100 m
Sideways	SW	100 m
High intensity	HI	300 m
Sprint	S	300 m
Total distance		1200 m

Field labels: Start, W, BW, J, Accelerate, S, SW, S, W, J

Set 1: Sprint exercise, 5 laps in total

Recovery: 5 min

Set 2: Sprint exercise, again 5 laps in total.

Speed exercise 9
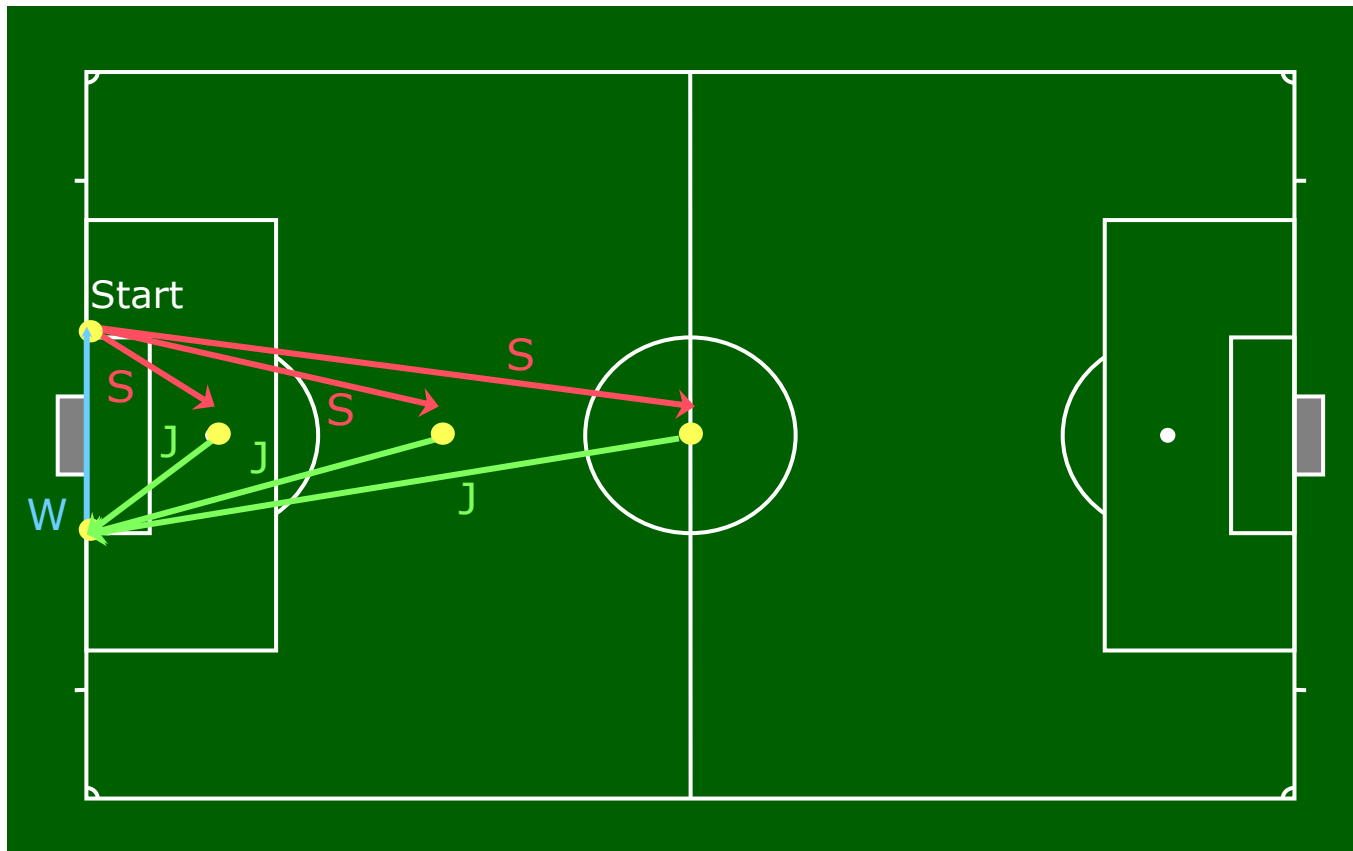
2 sets of 7 sprints

Set 1 (7 sprints)		5 min
Recovery		5 min
Set 2 (7 sprints)		5 min
Total duration		15 min
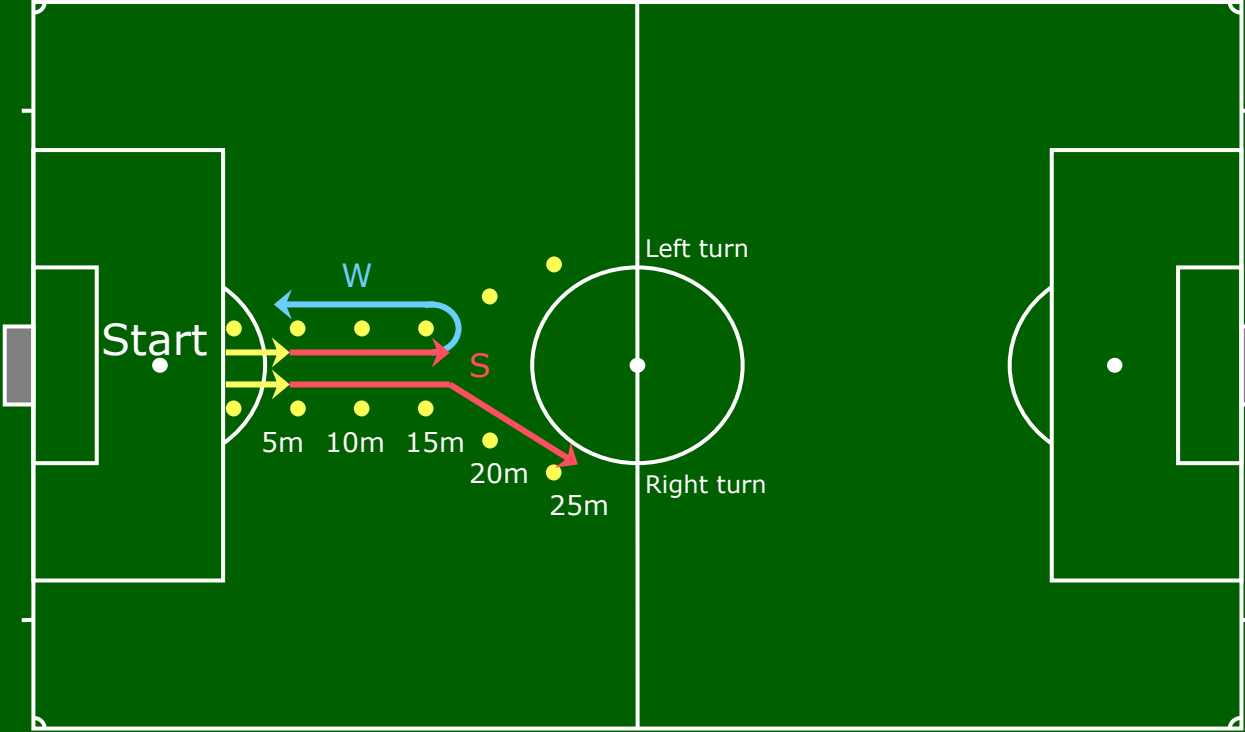
Walking	W	256 m
Jogging	J	288 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	288 m
Total distance		832 m

Set 1:
1) 11m sprint, 11m jogging, walking to start, 4x
2) 25 m sprint, 25m jogging, walking to start, 2x
3) 50m sprint, 50m jogging, walking to start, 1x

Recovery: 5 min

Set 2: Same exercise, again 7 sprints

Speed exercise 10

2 sets of 10 sprints

Set 1 (10 sprints)	5 min
Recovery	5 min
Set 2 (10 sprints)	5 min
Total duration	15 min

Walking	W	300 m
Jogging	J	--- m
Backwards	BW	--- m
Sideways	SW	--- m
High intensity	HI	--- m
Sprint	S	300 m
Total distance		600 m

Field labels: Start, W, S, 5m, 10m, 15m, 20m, 25m, Left turn, Right turn

Short sprints from a dynamic starting position (heel lifts, knee lifts, sideways L & R, jogging backwards...).
Sprinting up and walking down.

Set 1 (right turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

Recovery: 5 min

Set 2 (left turn): (2 x 5m) - (2 x 10 m) - (2 x 15 m) - (2 x 20 m) - (2 x 25 m)

Speed exercise 11

Set 1:   - 5x sprints as per the illustration below

- slow walk back to the start after every sprint

- start each run on every 60"

Recovery: 5 min

Set 2: Same exercise, again 5 sprints.

Speed exercise 12

Set 1:   - 5x sprints as per the illustration below

- slow walk back to the start after every sprint

- start each run on every 60″

Recovery: 5 min

**Set 2:** Repeat set 1

Speed exercise 13
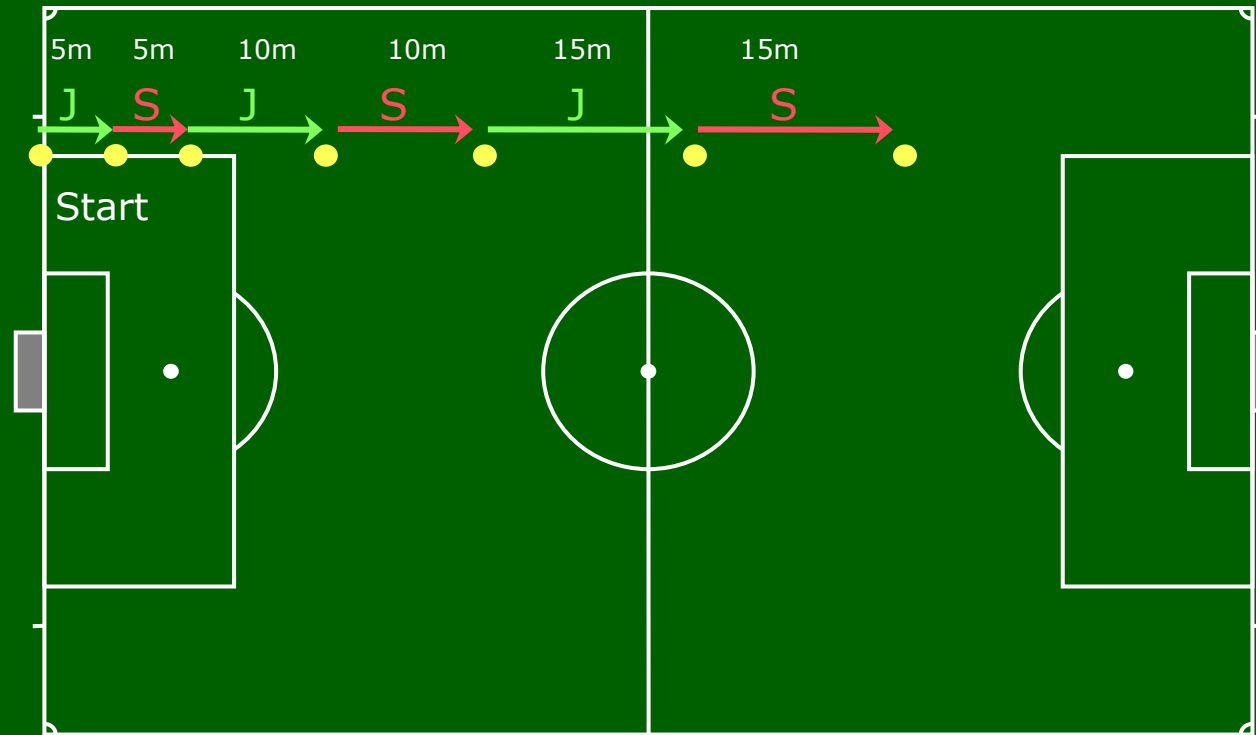
1 set of 4 laps		
One lap		2'30"
Set 1 (4 laps)		10 min
Total duration		10 min
Walking	W	240 m
Jogging	J	120 m
Backwards	BW	---
Sideways	SW	---
High intensity	HI	---
Sprint	S	120 m
Total distance		480 m

Field markings: 5m 5m 10m 10m 15m 15m

J S J S J S

Start

Set 1: Jog to the first cone, sprint to the second cone, jog to the third cone, sprint to the fourth cone, jog to the fifth cone, sprint to the sixth cone. Walk back to the start.

Variation: instead of jogging, run backwards or sideways.
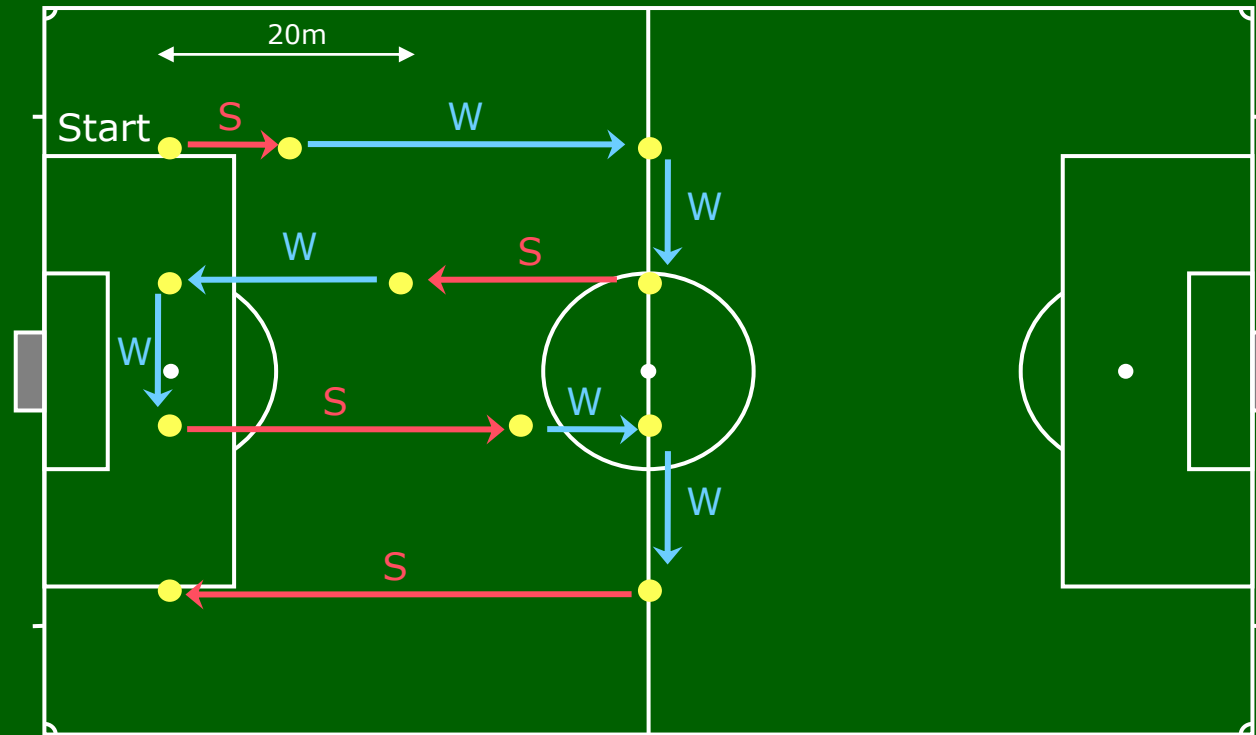
Speed exercise 14
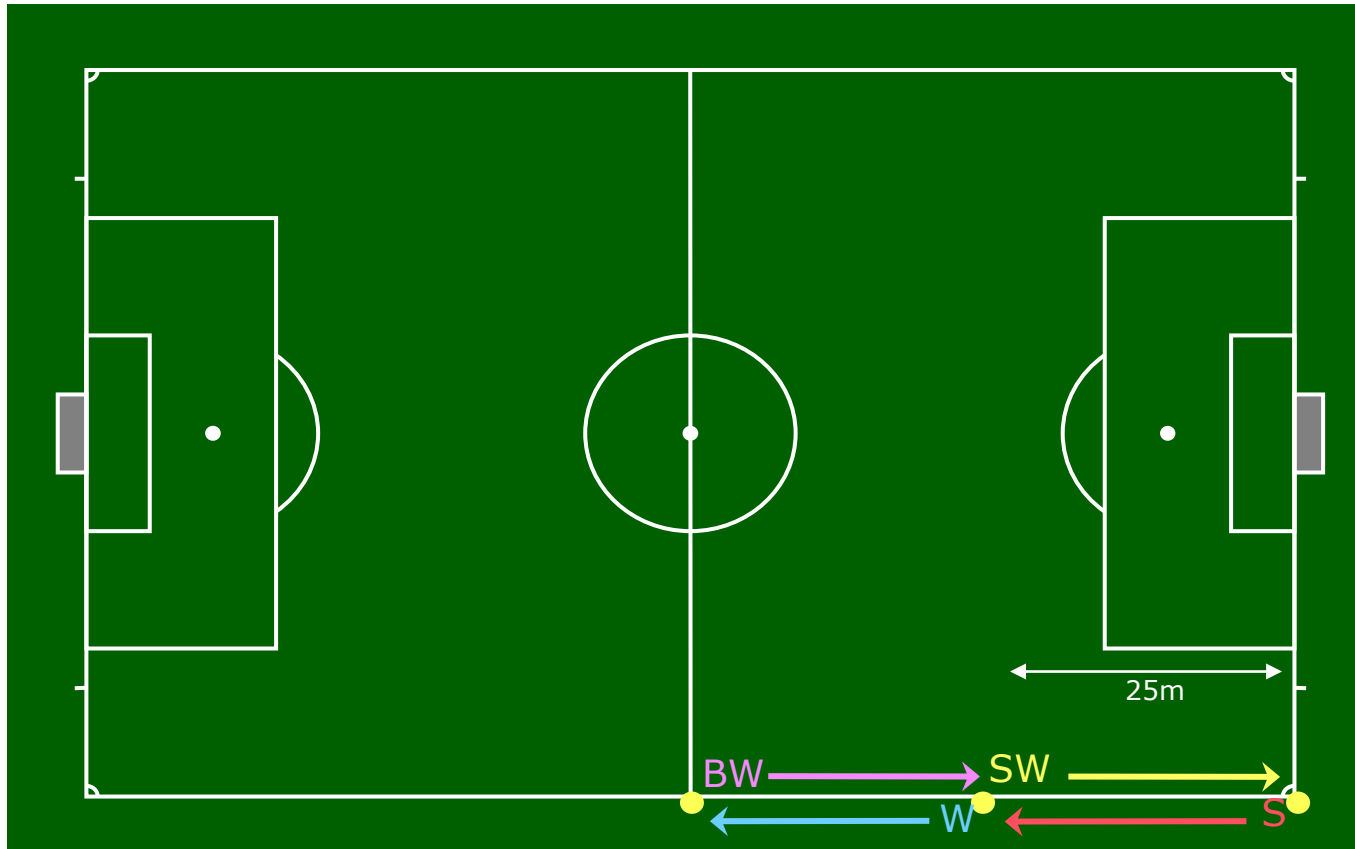
2 sets of 5 laps

One lap		1 min
Set 1 (5 laps)		5 min
Recovery		5 min
Set 2 (5 laps)		5 min
Total duration		15 min

Walking	W	250 m
Jogging	J	---
Backwards	BW	250 m
Sideways	SW	250 m
High intensity	HI	---
Sprint	S	250 m
Total distance		480 m

25m

BW   SW   S   W

Set 1: Walk to the first cone, run backwards to the second cone, run sideways to the third cone, sprint to the fourth cone, …

Speed exercise 15

Set 1: (1) Sprint for 10m, then walk for 30m. (2) Sprint for 20m, then walk for 20m. (3) Sprint for 30m, then walk for 10m. (4) Sprint for 40m.

Recovery: 2 min.

Set 2: Now start first with 40m and then work down to 10m.

Recovery: 2 min.

Set 3: Repeat set 1