

OVERSPEED TRAINING PROGRAM

Off-Season OverSpeed Agility Microcycle – 8 weeks

Warm-up: 10 min total:

1. Variety Jogging – 6 min; Stretching – 4 min

Model Exercises (OverSpeed Agility Drills):

2. Running – The players always run forward or backwards with switching the body position at the end of each shuttle.

Forward/Forward

Backwards/Backwards

3. Skipping:

Forward/Forward

Backwards/Backwards

4. Multi-direction Movement – One player is moving with carioca always Left Side Forward for one shuttle, combined with one shuttle Forward Run, than the player will do Right Side one shuttle Forward, combined with one shuttle Backward Run. Alternate till the time is over.

Left Side Carioca/Forward Run

Right Side Carioca/Backwards Run

5. Zigzagging

Forward/Forward

Backwards/Backwards

6. OverSpeed Run – 5x60 yd

Cool Down – 6 min total:

7. Jogging – 3 min, Stretching – 3 min

PERIODIZATION

Week	Number Workouts	Sets	Rubber Band Stretching	Time of Engagement	Methodology	Total Time
1	2	1	100-200%	30 sec	Alternative	40 min
2	2	2	100-200%	35 sec	Alternative	55 min
3	2	2	100-250%	40 sec	Alternative	60 min
4	3	2	100-250%	40 sec	Alternative	60 min
5	3	3	100-250%	45 sec	Alternative	75 min
6	3	3	100-250%	45 sec	Consecutive	75 min
7	2	3	100-250%	45 sec	Consecutive	75 min
8	2	2	100-250%	45 sec	Alternative	60 min

Note: If time cut is necessary, better stay with one set of each exercise and complete all of them. In this case the duration of the workout will be 40-45 min. You can also cut the number of workouts, but not less than two per week.