

SPEED DRILLS		
WEEK 1 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 8 TOTAL
	BUILD - UPS	X 1
	FORM STARTS	X 2
	POSITION STARTS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 1
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 11 TOTAL
	BUILD - UPS	X 2
	FORM STARTS	X 2
	POSITION STARTS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 1
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2

SPEED DRILLS		
WEEK 2 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 12 TOTAL
	BUILD - UPS	X 2
	FORM STARTS	X 2
	POSITION STARTS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 2
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 14 TOTAL
	BUILD - UPS	X 2
	FORM STARTS	X 3
	POSITION STARTS	X 3
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 2
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2

SPEED DRILLS		
WEEK 3 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 14 TOTAL
	BUILD - UPS	X 2
	FORM STARTS	X 2
	POSITION STARTS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 2
	POWER SKIPS (HEIGHT)	X 3
	POWER SKIPS (DISTANCE)	X 3
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 16 TOTAL
	BUILD - UPS	X 3
	FORM STARTS	X 3
	POSITION STARTS	X 3
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 3
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2

SPEED DRILLS		
WEEK 4 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 16 TOTAL
	BUILD - UPS	X 3
	FORM STARTS	X 2
	POSITION STARTS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 3
	POWER SKIPS (HEIGHT)	X 3
	POWER SKIPS (DISTANCE)	X 3
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 18 TOTAL
	BUILD - UPS	X 3
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	BUILD - UPS	X 3
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2

SPEED DRILLS		
WEEK 5 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 16 TOTAL
	BUILD - UPS	X 2
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 10S	X 2
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 19 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 10S	X 3
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2

SPEED DRILLS		
WEEK 6 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 18 TOTAL
	BUILD - UPS	X 3
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 10S	X 3
	POWER SKIPS (HEIGHT)	X 2
	POWER SKIPS (DISTANCE)	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 22 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 10S	X 4
	POWER SKIPS (HEIGHT)	X 3
	POWER SKIPS (DISTANCE)	X 3

SPEED DRILLS		
WEEK 7 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 19 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 20S	X 2
	POWER SKIPS (HEIGHT)	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	POWER SKIPS (DISTANCE)	X 2
	HARNESS ROUTINE	X 1
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 21 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 20S	X 3
	POWER SKIPS (HEIGHT)	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	POWER SKIPS (DISTANCE)	X 2
	HARNESS ROUTINE	X 2

AGILITY DRILLS

WEEK 7 OF 12

WORKOUT ONE

DRILL: HEAVY

REPETITIONS: 22 TOTAL

ROPE OR LADDER ROUTINE (A, B, & C)

X 1 EACH

BAG ROUTINE (A, B, & C)

X 1 EACH

LINE JUMP ROUTINE (A,B,C & D)

X 1 EACH

2 MINUTE BREAK

2 MINUTE BREAK

PRO-AGILITY

X 4 (2 LEFT & 2 RIGHT)

THREE-CONE DRILL

X 4 (2 LEFT & 2 RIGHT)

2 MINUTE BREAK

2 MINUTE BREAK

SPRINT LADDER

X 4 (1 x A, 1 x B, 1 x C & 1 x D)

WORKOUT TWO

DRILL: LIGHT

REPETITIONS: 18 TOTAL

ROPE OR LADDER ROUTINE (A, B, & C)

X 1 EACH

BAG ROUTINE (A, B, & C)

X 1 EACH

LINE JUMP ROUTINE (A,B,C & D)

X 1 EACH

2 MINUTE BREAK

2 MINUTE BREAK

PRO-AGILITY

X 2 (1 LEFT & 1 RIGHT)

THREE-CONE DRILL

X 4 (2 LEFT & 2 RIGHT)

2 MINUTE BREAK

2 MINUTE BREAK

SPRINT LADDER

X 2 (1 x A & 1 x B)

SPEED DRILLS		
WEEK 8 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 20 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 20S	X 2
	POWER SKIPS (HEIGHT)	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 24 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 20S	X 4
	POWER SKIPS (HEIGHT)	X 3
	2 MINUTE BREAK	2 MINUTE BREAK
	POWER SKIPS (DISTANCE)	X 3
	HARNESS ROUTINE	X 2

AGILITY DRILLS

WEEK 8 OF 12

WORKOUT ONE

DRILL: HEAVY	REPETITIONS: 26 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A,B,C & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
PRO-AGILITY	X 4 (2 LEFT & 2 RIGHT)
THREE-CONE DRILL	X 6 (3 LEFT & 3 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 6 (2 x A, 2 x B, 1 x D & 1 x E)

WORKOUT TWO

DRILL: LIGHT	REPETITIONS: 21 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A,B,C & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
PRO-AGILITY	X 3 (2 LEFT & 1 RIGHT)
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 4 (1 x A, 1 x B, 1 x D & 1 x E)

SPEED DRILLS		
WEEK 9 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 18 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 2
	BAG JUMPS	X 2
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 25 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 3
	BAG JUMPS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 6

AGILITY DRILLS

WEEK 9 OF 12

WORKOUT ONE

DRILL: HEAVY	REPETITIONS: 28 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
PRO-AGILITY	X 4 (2 LEFT & 2 RIGHT)
NEBRASKA AGILITY	X 4
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 2 (1 x D & 1 x E)
SHUFFLE LADDER	X 2 (1 x A & 1 x B)
BACKPEDAL LADDER	X 2 (1 x A & 1 x B)

WORKOUT TWO

DRILL: LIGHT	REPETITIONS: 24 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
PRO-AGILITY	X 2 (1 LEFT & 1 RIGHT)
NEBRASKA AGILITY	X 4
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 2 (1 x A & 1 x B)
SHUFFLE LADDER	X 2 (1 x C & 1 x D)
BACKPEDAL LADDER	X 2 (1 x D & 1 x E)

SPEED DRILLS		
WEEK 10 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 19 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 2
	BAG JUMPS	X 3
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 23 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 4
	BAG JUMPS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 3

AGILITY DRILLS

WEEK 10 OF 12

WORKOUT ONE

DRILL: HEAVY	REPETITIONS: 31 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
NEBRASKA AGILITY	X 4
THREE-CONE DRILL	X 6 (3 LEFT & 3 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 5 (1 x A, 1 x B, 1 x C, 1 x D, & 1 x E)
SHUFFLE LADDER	X 3 (1 x A, 1 x D, & 1 x E)
BACKPEDAL LADDER	X 3 (1 x A, 1 x D, & 1 x E)

WORKOUT TWO

DRILL: LIGHT	REPETITIONS: 26 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
NEBRASKA AGILITY	X 2
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 2 (1 x D & 1 x E)
SHUFFLE LADDER	X 4 (2 x A & 2 x B)
BACKPEDAL LADDER	X 4 (2 x A & 2 x B)

SPEED DRILLS		
WEEK 11 OF 12		
WORKOUT ONE		
	DRILL: LIGHT	REPETITIONS: 20 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 3
	BAG JUMPS	X 3
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 2
WORKOUT TWO		
	DRILL: HEAVY	REPETITIONS: 23 TOTAL
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 4
	BAG JUMPS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 3

AGILITY DRILLS

WEEK 11 OF 12

WORKOUT ONE

DRILL: HEAVY	REPETITIONS: 30 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
NEBRASKA AGILITY	X 4
THREE-CONE DRILL	X 6 (3 LEFT & 3 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
FOUR-CORNER DRILL	X 6 (3 LEFT & 3 RIGHT)
SPRINT LADDER	X 2 (1 x A & 1 x B)
BACKPEDAL LADDER	X 2 (1 x D & 1 x E)

WORKOUT TWO

DRILL: LIGHT	REPETITIONS: 26 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
NEBRASKA AGILITY	X 2
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
FOUR-CORNER DRILL	X 4 (2 LEFT & 2 RIGHT)
SPRINT LADDER	X 3 (1 x A, 1 x C, & 1 x D)
BACKPEDAL LADDER	X 3 (1 x A, 1 x B, & 1 x C)

SPEED DRILLS		
WEEK 12 OF 12		
WORKOUT ONE	DRILL: LIGHT	
	REPETITIONS: 21 TOTAL	
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 4
	BAG JUMPS	X 3
WORKOUT TWO		
	DRILL: HEAVY	
	REPETITIONS: 24 TOTAL	
	BUILD - UPS	X 4
	FORM STARTS	X 4
	POSITION STARTS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	FLYING 30S	X 4
	BAG JUMPS	X 4
	2 MINUTE BREAK	2 MINUTE BREAK
	HARNESS ROUTINE	X 4

AGILITY DRILLS

WEEK 12 OF 12

WORKOUT ONE

DRILL: HEAVY	REPETITIONS: 34 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
PRO-AGILITY	X 4 (2 LEFT & 2 RIGHT)
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
FOUR-CORNER DRILL	X 6 (3 LEFT & 3 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 5 (1 x A, 1 x B, 1 x C, 1 x D & 1 x E)
BACKPEDAL LADDER	X 5 (2 x A, 2 x D & 1 x C)

WORKOUT TWO

DRILL: LIGHT	REPETITIONS: 28 TOTAL
ROPE OR LADDER ROUTINE (A, B, & C)	X 1 EACH
BAG ROUTINE (A, B, & C)	X 1 EACH
LINE JUMP ROUTINE (A, B, C, & D)	X 1 EACH
2 MINUTE BREAK	2 MINUTE BREAK
NEBRASKA AGILITY	X 3 (1 LEFT & 2 RIGHT)
THREE-CONE DRILL	X 4 (2 LEFT & 2 RIGHT)
FOUR-CORNER DRILL	X 4 (2 LEFT & 2 RIGHT)
2 MINUTE BREAK	2 MINUTE BREAK
SPRINT LADDER	X 4 (1 x A, 1 x B, 1 x D & 1 x E)
BACKPEDAL LADDER	X 3 (1 x A, 1 x B, & 1 x C)