



## Home Based Speed Sessions

**Video examples are on my IG page (@coach\_gies) in my IGTV video titled “Basement Speed Drills”**

This is a list of speed development drills that you can do in your house. For best results tie 1 or 2 strong resistance bands around something sturdy and place around your waist. This will allow you to lean in slightly and work on maintaining posture. If you don't have any bands you can do without, conversely, you can do all of this outside (moving forward rather than in place). You can do these drills 2-3 times per week, either altogether, or pick a few to work on specifically and do a few extra sets. The benefits of these drills are that you can still improve some aspects of speed while making sure your soft tissues (e.g., Achilles, Hip Flexors, etc) are getting some work prior to increasing your running volume again, which will decrease the likelihood of injury. I would perform a 5-10 minute dynamic warm-up consisting of some easy bodyweight movements and dynamic stretches to get the heart rate up and joints loose.

### **(1) Running Drills**

- Improve coordination, rhythm, relaxation, timing, bounciness and foot strength.
  - Rest 30-60 seconds between sets.
1. In-place March - 1-2 sets x 20-30 reps
  2. Easy Skip - 1-2 sets x 20-30 reps
  3. Up & Out Skip - 1-2 sets x 5-8 reps per side
  4. Unilateral Skip (L + R) - 1-2 sets x 10-15 reps per leg
  5. Scissor Runs - 1-2 sets x 16-20 reps or 10-12 seconds
  6. Power Skips - 1-2 sets x 8-12 jumps
  7. Tempo Runs - 20-30 seconds x 3-6 sets (30-40 seconds rest between sets)
  8. Power Runs (or High Knees) - 6-10 seconds (flat out) x 3-6 sets; 1 minute rest between sets

### **(2) Arm Action Drills**

- Improve arm action, arm drive, and shoulder conditioning.
  - Lean in slightly so you are bent at the hips in an accelerating position
1. Tempo Arm Action - 30-90 seconds x 1-3 sets; 1 minute rest between sets
  2. Sprint Arms - 6-10 seconds (flat out) x 3-6 sets; 1 minute rest between sets



### **(3) Pogo Hop Series (Low-Intensity Plyometrics)**

- Works on foot/ankle/calf strength, leg stiffness, and elastic qualities of the lower leg.
  - 45-60 seconds rest between sets
1. Pogo Hops - 2-4 sets x 10-15 jumps
  2. Single Leg Pogo Hops - 2-3 sets x 10-12 jumps per leg
  3. Astride Jumps (In and Outs) - 2-4 sets x 10 jumps (out and back in counts as 1)
  4. Shuffle Hops (Running Man) - 2-3 sets x 12-20 jumps
  5. Scissor Pogo Hops - 2 sets x 10-12 jumps per leg
    - a. While facing a bench place your front heel on the bench, keep knee locked, and do single leg pogos on the back foot.
  6. Borzov Jumps (Bulgarian Tuck Jump) - 2-3 sets x 6-8 jumps per leg
    - a. While facing away from a bench, place the top of your back foot on the bench, and perform single leg tuck jumps.

### **(4) Sprint Start Drills**

- Works on first step power, as well as lower and upper body coordination.
  - Will need the band around your hips for these drills to ensure you decelerate quickly.
  - Rest 60-90 seconds between sets
  - If performing outside, run between 10-30m, and rest 1 minute for every 10m ran. (e.g., 30m sprint = 3-minute rest)
1. 3-point start - 2-3 sets x 4-6 starts
  2. 4-point start - 2-3 sets x 4-6 starts

### **Bonus Drill - Rapid Fire Split Jerk**

- Fast coordination between the hands and feet. As feet split, quickly push weight overhead and back down. No pausing for the duration of the drill.
- You will need some weight or load, either light dumbbells or a 45lb barbell.
- 3-4 sets x 12-20 reps; 1-2 minutes rest between sets

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Example Session Plan (can do any combination or all in one day)

Day 1 - Running Drills + Arm Action + Sprint Start Drills

Day 2 - Running Drills + Pogo Hop Series + Rapid Fire Split Jerk