

# FUTURE



**YOUR HOME, SPEED, STRENGTH AND  
POWER DEVELOPMENT PROGRAM**

## **FOREWORD:**

**MY NAME IS ROBBIE LANE, MANAGER OF DOC FITNESS IN KILCOLGAN, GALWAY AND HEAD STRENGTH AND CONDITIONING COACH FOR GALWAY CAMOGIE.**

**I HAVE A PASSION FOR ATHLETIC DEVELOPMENT AND WORK WITH BOTH YOUTH AND ADULT, MALE AND FEMALE TEAMS.**

**BEING RESOURCEFUL IN THESE CHALLENGING TIMES IS IMPORTANT, SO I HAVE CREATED A PROGRAM THAT CAN BE DONE AT HOME, DOES NOT INVOLVE ANY EQUIPMENT AND IS FOCUSED ON WHAT IN MY OPINION ARE THE KEY ASPECTS OF ATHLETIC DEVELOPMENT. I HAVE LINKED VIDEOS TO EXPLAIN HOW TO READ AN ATHLETIC PROGRAM AND DEMONSTRATIONS OF ALL THE EXERCISES.**

**IN AN IDEAL WORLD ALL ATHLETES WILL BE SCREENED AND PRESCRIBED INDIVIDUAL PERIODIZED PROGRAMMES. HOWEVER, IN THIS CURRENT CRISIS THAT IS JUST NOT POSSIBLE. IT WOULD BE A SHAME TO MISS OUT ON THIS UNIQUE OPPORTUNITY FOR OUR YOUNGSTERS TO WORK ON THEIR ATHLETIC DEVELOPMENT AND THIS IS MERELY A TOOL TO GIVE YOU PATHWAY TO PROGRESS THROUGH.**

**BEFORE UNDERTAKING THIS PROGRAM, YOU SHOULD CONSULT A PROFESSIONAL IF YOU FEEL THAT THIS MAY NOT SUIT YOUR ABILITIES OR CAUSE YOU HARM. EXERCISES SHOULD NOT CAUSE PAIN DURING MOVEMENT AND IF IT DOES, CEASE THE EXERCISE AND SEEK PROFESSIONAL ADVICE. I AM AVAILABLE FOR ONLINE CONSULTATIONS IF THERE ARE ANY QUESTIONS OR QUERIES PLEASE EMAIL: [ROBBIELANE89@GMAIL.COM](mailto:ROBBIELANE89@GMAIL.COM) IF YOU DO HAVE ANY QUERIES.**

**THE PROGRAM IS FOR ALL TO USE. IF YOU FEEL YOU WOULD LIKE TO PAY FOR IT PLEASE PAY YOUR CHOSEN AMOUNT TO: [HTTPS://PAYPAL.ME/ROBBIELANE89](https://paypal.me/robbielane89)**

# THERE ARE FOUR MAIN PARTS TO THIS PROGRAM:

- 1. TESTING** (THIS IS OPTIONAL BUT MAY HELP TO SET GOALS AND FOR MOTIVATION) 1 SESSION PER WEEK
- 2. SPEED DEVELOPMENT** 1 SESSIONS PER WEEK
- 3. STRENGTH DEVELOPMENT** 2 SESSIONS
- 4. RUNNING DEVELOPMENT** 2 SESSIONS P/W

**FOR ANYONE UNFAMILIAR WITH ATHLETIC PROGRAMMES I  
HAVE ATTACHED A VIDEO TO EXPLAIN HOW TO  
READ THE PROGRAM.**

**WATCH THE VIDEO HERE: [HOW TO READ YOUR  
PROGRAM](#)**

**PLEASE REMEMBER THAT YOU WORK TO YOUR OWN  
PERSONAL ABILITY.**

**THE EXERCISES, REPS AND SETS  
ETC ARE ALL FLEXIBLE AND THE MOST IMPORTANT THINGS  
IS GOOD POSTURE, FORM AND TEMPO  
THROUGHOUT THE EXERCISES.**

# SAMPLE WEEK STRUCTURE:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPEED DEV	STRENGTH DEV 1	REST	REPEAT SPRINTS	STRENGTH DEV 2	TEMPOS	RETEST/REST
EXPECTED DURATION						
30 MINS <i>REMEMBER REST IS CRUCIAL HERE</i>	45-50 MINUTES		30-35 MINUTES	45-50 MINUTES	30-35 MINUTES	

# TESTING

TEST:	WEEK 1:		WEEK 2:		WEEK 3:		WEEK 4:		WEEK 5:		NOTES:
DATE:											
TIME:											
<b>BROAD JUMP:</b>											ATTEMPT 3-5 JUMPS RECORD YOUR BEST DISTANCE OF THE 3
<b>HINDU SQUAT:</b>											HOLD FOR AS LONG AS POSSIBLE WITH CREASE OF THE HIP PARALLEL
<b>ISO CALF RAISE:</b>											HOLD AT THE TOP FOR AS LONG AS POSSIBLE, RECORD TIME EACH WEEK
<b>PUSH UP:</b>											EASIER VERSION: PUSH UP HOLD
<b>REACTIVE JUMPS:</b>											ATTEMPT 2-3 ROUNDS OF 1 MIN RECORD YOUR HIGHEST SCORE
<b>ISO LUNGE HOLD:</b>	L	R	L	R	L	R	L	R	L	R	CAN BE DONE WITHOUT THE BAND, RECORD TIME ON BOTH LEGS.

**BE SURE TO WATCH THE VIDEOS BEFORE YOU START:**

EACH VIDEO HERE HAS A VIDEO DEMO TO IT. TRY USE A HARD DRY SURFACE ALL THE TIME.  
THERE IS ALSO A VIDEO IN THE HEADING WITH TRUE SPRINT FORM.

# SPEED DEVELOPMENT

EXERCISE:	SETS:	DISTANCE/REPS:	REST:	NOTES:
ANKLE DRIBBLE	2	20M	WALK BACK TO START	BEFORE YOU START WATCH THIS VIDEO ON THE DRIBBLE DRILL: <a href="#">DRIBBLE BREAKDOWN</a>
CALF DRIBBLE	2	20M	WALK BACK TO START	
KNEE DRIBBLE	2	20M	WALK BACK TO START	
DRIBBLE BLEED	2	40M	WALK BACK TO START	CONTROLLED FOCUS ON GOOD POSITIONS
<a href="#">A-WALK</a>	2	20M	WALK BACK TO START	BEFORE YOU START WATCH THIS VIDEO ON THE A SERIES: <a href="#">A SERIES BREAKDOWN</a>
<a href="#">A-SKIP</a>	2	20M	WALK BACK TO START	
<a href="#">A-RUN</a>	2	20M	WALK BACK TO START	
<a href="#">STRAIGHT LEG BOUND</a>	2	40M	20-30SEC	
<b>REST IS CRITICAL FOR THE FOLLOWING FOR QUALITY.</b>				
<a href="#">HILL STARTS</a>	3	20M	2MIN	A SMALL SLOPE HILL IS PERFECTLY GOOD
10M SPRINT	2-3	10M	1 MIN BETWEEN RUNS	<a href="#">SKIP IN START</a>
20M SPRINT	2-3	20M	2 MIN BETWEEN RUNS	<a href="#">FALLING START</a>
25-30M SPRINT	2-3	25-30M	3 MIN BETWEEN RUNS	STANDING START

# STRENGTH DEV 1

WARM UP:		FULL WARM UP VIDEO	
<a href="#">ANKLE ROCKERS X 10 E/L</a> <a href="#">WORLD'S GREATEST X 8 E/S</a> <a href="#">CALF STRETCH X 10 E/L</a>	<a href="#">HAMSTRING HIP LIFT X 8 E/S</a> <a href="#">SQUAT TO STAND X 8</a> <a href="#">INCHWORMS X 5</a> <a href="#">IN PLACE POGOS X 15-20 SEC X 2</a>	WATCH FULL WARM UP VIDEOS HERE: <a href="#">FULL WARM UP</a> (PAUSING TO ALLOW YOURSELF TIME DURING EXERCISES IS A GOOD IDEA)	
EXERCISE:	SETS:	GUIDELINE REPS:	NOTES:
<a href="#">SEATED SQUAT JUMP</a>	3	8	BIG EMPHASIS ON LANDING
<a href="#">SIDE PLANK</a>	3	30SEC OR 8 EACH SIDE	IF THIS IS TOO EASY DO THIS: <a href="#">SIDE PLANK ROT</a>
<a href="#">SINGLE LEG CALF RAISES</a>	3	10 EACH LEG	IF YOU HAVE A WEIGHT USE IT.
<a href="#">H-E SPLIT SQUAT</a>	4	8 - 10 EACH LEG	IF YOU HAVE NO WEIGHT OR WEIGHT IS TOO LIGHT USE A TEMPO LIKE THIS: <a href="#">ECC SPLIT SQUAT</a>
<a href="#">BROAD JUMP</a>	4	8	
<a href="#">PUSH UPS</a>	4	AMRAP	TO MAKE IT: HARDER: <a href="#">FEET ELEVATED PUSH UPS</a> EASIER: <a href="#">PUSH UP ECCENTRICS</a>
<a href="#">HAMSTRING ROLLOUTS</a>	4	6 - 8	YOU CAN ALSO USE, A TOWEL ON A SMOOTH FLOOR
<a href="#">SQUATS</a>	4	6 - 8	TO MAKE IT EASIER: <a href="#">SQUAT BODYWEIGHT</a>



# STRENGTH DEV 2

WARM UP:		FULL WARM UP VIDEO	
<a href="#">ANKLE ROCKERS x 10 E/L</a> <a href="#">WORLD'S GREATEST x 8 E/S</a> <a href="#">CALF STRETCH x 10 E/L</a>	<a href="#">HAMSTRING HIP LIFT x 8 E/S</a> <a href="#">SQUAT TO STAND x 8</a> <a href="#">INCHWORMS x 5</a> <a href="#">IN PLACE POGOS x 15-20 SEC x 2</a>	WATCH FULL WARM UP VIDEOS HERE: <a href="#">FULL WARM UP</a> (PAUSING TO ALLOW YOURSELF TIME DURING EXERCISES IS A GOOD IDEA)	
EXERCISE:	SETS:	GUIDELINE REPS:	NOTES:
<a href="#">ALTITUDE LANDINGS</a>	3	10	IF YOU ARE STRUGGLING WITH SCISSOR HOPS DO EACH POSITION ONCE OF THESE, 10SEC PER ROUND 2 ON EACH LEG: <a href="#">POSITION 1</a> <a href="#">POSITION 2</a> <a href="#">POSITION 3</a>
<a href="#">SQUAT JUMP</a>	3	10	
<a href="#">SCISSOR HOPS</a>	3	15 EACH LEG	
<a href="#">GOODMORNING</a>	4	10	IF YOU HAVE A REGULAR WEIGHT YOU CAN USE THAT TOO
<a href="#">PISTOL SQUAT</a>	4	5 EACH LEG	TO MAKE IT HARDER ADD WEIGHT OR REPS
<a href="#">BEAR CRAWL</a>	4	40SEC	IF YOU'RE HITTING 10+ REPS DO THE PROGRESSION
<a href="#">S-L HIP THRUSTS</a>	4	8-10	IF THIS IS TOO HARD KEEP BOTH FEET DOWN
<a href="#">TRI PLANAR LUNGE</a>	4	4 EACH LEG	TO MAKE IT HARDER ADD WEIGHT OR REPS, 3 ANGLES = 1 REP
<a href="#">PUSH UP W/PAUSE</a>	4	8	2-3 SECOND PAUSE AT BOTTOM, IF TOO HARD DO REGULAR <a href="#">PUSH UPS</a>

# RUNNING DEVELOPMENT

## TEMPO RUNS

	EXERCISE:	SETS:	REPS:	REST:	NOTES:	FEEDBACK:
WEEK 1	TEMPO RUNS	3	15 SEC X 6	45 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	DOWNLOAD THIS APP TO HELP TIME YOUR SETS: <a href="#">SECONDS APP</a>  START AT A POINT COVER THE SET DISTANCE IN 15 SECONDS, THEN YOU REST FOR 45,  EFFORT SHOULD NOT BE 'ALL OUT' SHOULD BE 80%  HOW TO VIDEO: <a href="#">TEMPOS</a>  YOU SHOULD BE ABLE TO FOCUS ON RUNNING TECHNIQUE.
WEEK 2	TEMPO RUNS	3	15 SEC X 6	45 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	
WEEK 3	TEMPO RUNS	3	15 SEC X 7	45 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	
WEEK 4	TEMPO RUNS	3	15 SEC X 8	45 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	
WEEK 5	TEMPO RUNS	4	15 SEC X 6	30 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	
WEEK 6	TEMPO RUNS	4	15 SEC X 6	30 SEC	REST 3-5 MINS BETWEEN SETS COVERING 80-90M	

**BE SURE TO WATCH THE VIDEOS BEFORE YOU START:**

HAVE THE APP READY FOR CONVENIENCE USE THIS VIDEO TO HELP SET IT UP: [SECONDS TIMER DEMO](#)

IF YOU ARE TIGHT FOR SPACE START WITH THESE: [TEMPO CURVED RUNS](#)

**IF YOU ARE TO ONLY ABLE TO DO ONE RUNNING SESSION A WEEK MAKE IT THESE**

# REPEAT SPRINT ABILITY

	EXERCISE:	SETS:	REPS:	REST:	NOTES:	FEEDBACK:
WEEK 1	REPEAT SPRINT ABILITY	3	8 SEC X 8	18 SEC	REST 3-5 MINS BETWEEN SETS  COVERING 40 - 45M	DOWNLOAD THIS APP TO HELP TIME YOUR SETS: <b>SECONDS APP</b>
WEEK 2	REPEAT SPRINT ABILITY	3	8 SEC X 9	18 SEC	REST 3-5 MINS BETWEEN SETS	
WEEK 3	REPEAT SPRINT ABILITY	3	8 SEC X 10	18 SEC		START AT A POINT COVER THE SET DISTANCE IN 8 SECONDS, THEN YOU REST FOR 18, DO IT FOR AMOUNT OF REPS ASSIGNED  EFFORT SHOULD BE 'ALL OUT'
WEEK 4	REPEAT SPRINT ABILITY	4	8 SEC X 8	18 SEC	REST 3-5 MINS BETWEEN SETS  COVERING 40 - 45M	
WEEK 5	REPEAT SPRINT ABILITY	4	8 SEC X 10	18 SEC	ADD CHANGE OF DIRECTION  SPRINT OUT 10M SPRINT BACK 10M SPRINT OUT REMAINING DISTANCE WHICH WOULD BE 20-25M	
WEEK 6	REPEAT SPRINT ABILITY	4	8 SEC X 10	18 SEC	SAME AS ABOVE	HOW TO VIDEO: <a href="#">SPRINT ABILITY</a>  <a href="#">SPRINT ABILITY C.O.D</a>

# A FEW TIPS:

**THESE TIPS ARE FROM MY OWN PROFESSIONAL EXPERIENCE AND SHOULD HELP PARENTS AND ASPIRING COACHES.**

- **BE PATIENT, NOTHING IS GOING TO BE PERFECT 1<sup>ST</sup> TIME ROUND.**
- **WATCH THE VIDEO, TRY THE MOVEMENT PATTERN, PRACTICE IT AND KEEP INSTRUCTIONS TO A MINIMUM.**
- **FOCUS ON 1-2 IMPROVEMENTS AT A TIME OR YOU WILL OVERWHELM THE ATHLETE.**
- **PRAISE WORKS BEST, THIS IS A TIME TO FORM FRIENDSHIPS NOT CREATE STRESS.**  
**“THAT WAS BRILLIANT DO THE SAME AGAIN”**
- **DO YOUR BEST. NOBODY IS AN EXPERT. EVERYONE WANTS TO SUCCEED!**

# THANK YOU!!!!

- THIS SHOULD BE FUN WITH LOTS OF POSITIVE ENCOURAGEMENT.
- ITS INTENTION IS TO INTRODUCE YOU TO THE ELEMENTS OF ATHLETIC TRAINING AND DEVELOPMENT WHICH TAKES YEARS TO MASTER.
- IT CAN BE MODIFIED TO SUIT INDIVIDUAL NEEDS AND ANYTHING DEEMED TOO DIFFICULT CAN BE EASILY SUBSTITUTED.
- AGAIN CONTACT ME AT [ROBBIELANE89@GMAIL.COM](mailto:ROBBIELANE89@GMAIL.COM) IF ANY QUERIES AT ALL.
- I WOULD LIKE TO EXTEND A MASSIVE THANK YOU TO SHARON MORRIS AND HER COLLEAGUES IN GALWAY CITY PHYSIO FOR ASSISTING ME WITH THIS PROGRAM AND GIVING ME THE PUSH TO DO THIS AND ALLOW MORE ATHLETES TO HAVE ACCESS TO HIGH LEVEL PROGRAMS REMOTELY.