



HIGH SKIPPING

This variation of skipping allows you to direct force in a vertical direction, while exaggerating concentric calf contribution and knee lift.



WORKOUT: 1 rep of 20–60 yards

- Step forward with your right foot and spring vertically off the ball of that foot, swinging your right arm in an exaggerated arc (your hand should end up near your forehead). Simultaneously lift your left knee high.
- Land on the same (right) foot, and then step forward with your left foot. Spring vertically off that foot, while lifting your right knee and left arm.
- Land on your left foot, step forward with your right foot, and continue the pattern.
- After completing the drill, jog back to your start line, then immediately perform a stride at 90% effort (same distance as drill), followed by a walk back to the start line.



DOUBLE-LEG HOPS

The Double-Leg Hop is the poor man's Depth Jump. If you don't have a plyo box or prop swap (for jumping off), you can make do with your own two legs. Instead of dropping from a plyo box, you'll use a countermovement jump to leap to a similar "starting" height. When you land your jump, your legs undergo a strong stretch-shortening cycle and store elastic energy, leading to a powerful rebound jump. You'll train your nervous system for an explosive elastic recoil action.



WORKOUT: 3–5 reps

- With feet hip-width apart and toes pointed slightly outward, bend your knees to drop into a squat, swinging your arms behind you.
- Jump straight up as high as you can.
- Land on both feet, letting your knees bend to absorb the force. Swing your arms behind your body as you land.
- Spring straight up again, swinging your arms to aid momentum.



QUICK HOPS

This plyometric drill is perfect for practicing the quick bursts of combined vertical and horizontal force you'll need to produce at maximum velocity. Some athletes call these bunny hops. These deliver a major burn to your quads. If you start losing form—and it goes quick with this drill—it's time to jog back to the start line.



WORKOUT: 1 rep of 20–30 yards

- Begin with your feet hip-width apart, elbows at 90 degrees, arms at your sides
- Spring forward with both feet, focusing on horizontal—not vertical—motion. Keep your jumps low to the ground (a few inches' clearance is fine).
- As soon as you land, jump again, keeping a quick rhythm as you hop for the remainder of the drill.
- After completing the drill, jog back to your start line and immediately perform a stride at 90% effort (same distance as drill), followed by a walk back to the start line.



ANKLE POPPERS

Ankle stiffness is a key to both acceleration and maximum velocity. This is especially true during maximum velocity, when you'll need to maintain ankle stability for dozens of high-impact steps. Ankle poppers help you develop the endurance required for the long sprint.



WORKOUT: 2–3 reps of 15 seconds for each leg

- Balance on your left leg with your right leg lifted in front of you. Keep your left knee slightly bent and your arms at your sides for balance.
- Hop rapidly up and down on your left foot for 15 seconds.
- Switch feet, and hop rapidly up and down on your right foot for 15 seconds.



HIGH KNEES

This plyometric drill is perfect for practicing the quick bursts of combined vertical and horizontal force you'll need to produce at maximum velocity. If you start losing form—and it goes quick with this drill—it's time to jog back to the start line.



WORKOUT: 1 rep of 20–30 yards

- Begin with your feet hip-width apart, elbows at 90 degrees, arms at your sides
- Drive your right knee up with arm motion same as if you're running. Quickly bring this knee down and drive up your left knee with arm motion same as if you're running.
- As soon as you land, jump again, keeping a quick rhythm as you skip for the remainder of the drill. This is a quickness drill!! Get your knee up as high as you can.
- After completing the drill, jog back to your start line and immediately perform a stride at 90% effort (same distance as drill), followed by a walk back to the start line.



BUTT KICKS

This plyometric drill is perfect for practicing the quick bursts of combined vertical and horizontal force you'll need to produce at maximum velocity. If you start losing form—and it goes quick with this drill—it's time to jog back to the start line.



WORKOUT: 1 rep of 20–30 yards

- Begin with your feet hip-width apart, elbows at 90 degrees, arms at your sides
- Kick your right leg back with the upper leg perpendicular to the ground and lower leg, from knee to ankle, up towards your butt. Arm motion same as if you're running.
- As soon as you land, jump again, keeping a quick rhythm as you hop for the remainder of the drill. This is a quickness drill!!
- After completing the drill, jog back to your start line and immediately perform a stride at 90% effort (same distance as drill), followed by a walk back to the start line.