

Introduction

The structure of this 6-week plan includes 4 working days (Mon, Tue, Thu, Fri) and 3 recovery days (Wed, Sat, Sun). The focus is on max speed, general endurance, and overall training across various styles you'll learn during FFIC 3-25. This plan can be integrated with your personal training plan. If you have a solid foundation with a resistance training plan or endurance plan but do not integrate sprinting and jumping, try to integrate day 1 and day 4 into your plan. Exposure to maximum speed and power movements will prepare you for the types of training you'll be doing during the course.

Monday/Friday Overview

These are your Max Speed and Speed Prep acceleration workouts. Every session should begin with a warm-up. Warm-ups are provided in the "Warm-Ups" tab and tailored to each day. Should you want to do your own warmup, that is fine. Just ensure that it is at least 5-10minutes and you are increasing core temperature. Mondays focus strictly on max speed with a mix of high-intensity, low-volume sprint-focused exercises that increase in intensity each week. Fridays focus on max speed mechanics and acceleration (Lower intensity with higher volume). Complete the exercises to the best of your ability. Follow the listed sets, reps, and percentages as closely as possible. If intensity isn't listed, treat it as moderate effort. Each session should take under 70 minutes (including warm-up, main exercises, and cooldown). Use the provided rest times to maintain energy and explosiveness while keeping good form. Supersets are indicated by paired numbers and letters (A1/A2 etc).

Tuesday/Thursday Overview

Tuesday and Thursday are your "Lifting Days" for you pump chasers out there. They will take about the same time as your Max Speed days. Please follow the prescription as written. Do not be tempted to add additional things to these days to make them harder. More is not better—better is better. The warm-ups and cool-downs are provided in the tabs below for Tuesdays and Thursdays, so please utilize them for each workout. The purpose of the warm-ups, main exercises, and cool-downs is to not only give you a sneak peek of what you will be taught and tested on throughout FFIC 3-25, but give you reps and sets of some of the basic movements you will be tested on and prevent your chances of hamstring injury (doesn't help your chances if you skip the warm-ups). For the conditioning portion, it is meant to be done at a conversational pace. We are trying to increase cardiovascular health and improve the aerobic energy system. This is done at larger volumes with lower intensity.

| Day 3 | | Week 3 | | | | Week 4 | | | |
|--|----------------------------------|-----------------|----|-----|------|---|----|-----|-------|
| Exercise | | Sets X Reps | % | RIR | Rest | Sets X Reps | % | RIR | Rest |
| Strength | | | | | | | | | |
| A1 | BB Push Press | 3x5 | 50 | | | 4x4 | 60 | | |
| A2 | Farmer Carry | 3x40yd | | | 2min | 4x40yd | | | 2 min |
| BB Push Press use ~50% of the load as last week's overhead press. Try to throw the weight through the ceiling. Work up to the load if needed. | | | | | | Increase load on push press from last week | | | |
| B1 | Weighted Pull-Up | 3x6 | | 2-3 | | 4x5 | | 2-3 | |
| B2 | TRX High Row or Cable Face Pulls | 3 x 8 - 12 | | | 2min | 4x8-12 | | | 2 min |
| Choose an external load you can get 8-10 perfect reps with. TRX high row or face pulls, or another exercise that hits the rear delts and upper traps. | | | | | | Add 5-10 pounds from last week on pull ups. | | | |
| C1 | DB Bench Press | 3x8-10 | 75 | 1-2 | | 3x8-10 | 80 | 1-2 | |
| C2 | Single Arm DB Row | 3x10-12 | | 1-2 | | 3x10-12 | | 1-2 | |
| C3 | V-Up | 3x12 | | | 2min | 3x15 | | | 2min |
| Go up in weight slightly from the last two weeks. You should still have one or two very clean reps left at the end of the DB bench press and rows. | | | | | | | | | |
| D1 | DB Hammer Curl | 3x 8 - 10 | | 1-2 | | 3x 8 - 10 | | 1-2 | |
| D2 | DB Tricep Extension | 3 x 8 - 10 | | 1-2 | | 3 x 8 - 10 | | 1-2 | |
| D3 | DB Lateral Raise | 3x 8 - 10 | | 1-2 | 2min | 3x 8 - 10 | | 1-2 | 2min |
| Get a sick pump. | | | | | | | | | |
| Conditioning | | | | | | | | | |
| E1. | Off feet steady-state | 30min | | | | 30min | | | |
| This can be executed at the end of the session or during an additional session during the day. Bike, row, swim, ski-erg, etc. Relaxed pace. You should be able to have a conversation during. | | | | | | | | | |
| Day 4 | | | | | | | | | |
| Exercise | | Sets X Reps | % | RPE | Rest | Sets X Reps | % | RPE | Rest |
| Speed Prep | | | | | | | | | |
| A1 | High Knees / Sprint (20m) | 5x1 | | | | 5x1 | | | |
| A2 | Pogo Hops | 5x10s | | | | 5x10s | | | |
| A3 | Back Pedal Reach (20m) | 5x1 | | | | 5x1 | | | |
| A4 | Falling Starts (20m) | 5x1 | | | | 5x1 | | | |
| Complete these as a circuit. Don't rush into the next drill. Rest ~2min between sets. High Knees/Sprint - Do high knees for 5-10 yds/m before transitioning into sprint mechanics. Smooth transition. | | | | | | | | | |
| Acceleration | | | | | | | | | |
| B1 | Sled Sprints (Push) | 3x20yd | | | | 3x20yd | | | |
| B2 | Broad Jumps | 3x2 | | | | 3 x 2 | | | |
| Use 45 - 90lbs on the sled depending on the resistnace of the turf/ground. The acceleration should still be fast. Push the ground away each step. | | | | | | | | | |
| C1 | DB Box Step Up | 6x3 | | | | 6x3 | | | |
| C2 | Split Squat Jump | 6x2 | | | | 6x2 | | | |
| C3 | Wall Ball | 6x3 | | | | 6x3 | | | |
| Step up and split squat jump reps are each side. All of these are powerful and aggressive movements. Select load that facilitates this. | | | | | | | | | |
| Conditioning | | | | | | | | | |
| D1 | Intensive Intervals | 3 x 3 x 20s/40s | | | 3min | 3 x 4 x 20s/40s | | | 3min |
| Running or on bike. @ 880yd pace. Don't go full throttle. Sets x Reps x Work time/rest time | | | | | | | | | |

Warm-Up

| Full-Body Weight Training Warm-Ups (Tuesday - Thursday) | | | | | |
|---|-------------------|----------------------|--|----------|------------|
| Warm-up Library | Exercise | Notes | Sets x Reps | Distance | |
| 1 | General Mobility | Arm Circles | Arms out, Palms out, small to big circles, Forward and backward, start small increase rotation | 2x10 | Stationary |
| | General Mobility | Stationary Squat | Feet shoulder width, chest up, push through heels | 1x10 | Stationary |
| 2 | Muscle Activation | Walking Knee Hugs | Grab knee, pull to chest, stay tall | 1x1 | 20yds |
| | Muscle Activation | Inchworms | Walk hands out, keep legs straight, walk feet in | 1x1 | 20yds |
| 3 | Transit Mobility | Carioca | Hips stay forward, step behind then in front, keep it smooth | 2x1 | 20yds |
| | Transit Mobility | Straight leg shuffle | Kick straight leg up, swing arms, stay tall | 1x1 | 20yds |
| 4 | Dynamic Mobility | Mountain Climbers | Push-up position, drive knees fast, travel foot off the ground | 1x10 | Stationary |
| | Dynamic Mobility | Burpees | Squat down, kick back, push-up, jump | 1x5 | Stationary |



| Max Speed Warm-Ups (Monday - Friday) | | | | | |
|--------------------------------------|-------------------|--------------------------|---|----------|------------|
| Warm-up Library | Exercise | Notes | Sets x Reps | Distance | |
| 1 | General Mobility | Trunk Twists | Twist side to side, keep hips still, Flare opposite heel | 2x10 | Stationary |
| | General Mobility | Stationary Forward Lunge | Step forward, drop hips, chest up | 1x10 | Stationary |
| 2 | Muscle Activation | Frankstine Walks | kick leg straight up towards hands, keep knee locked, chest tall - don't lean, repeat | 1x1 | 20yds |
| | Muscle Activation | Walking Lunge W/ Twist | Lunge, twist over front leg (stability), stay upright | 2x1 | 20yds |
| 3 | Transit Mobility | High Knees | Knees to waist, fast feet, pump arms | 2x1 | 20yds |
| | Transit Mobility | Butt Kickers | Heel to glute, quick turnover, quick contact | 2x1 | 20yds |
| 4 | Dynamic Mobility | Speed Skaters | Jump side to side, land on one leg, stay low | 1x10 | Stationary |
| | Dynamic Mobility | Burpees | Squat down, kick back, push-up, jump | 1x5 | Stationary |

Cool-Down

| Full-Body Weight Training Cool-Downs (Tuesday - Thursday) | | | | |
|---|--------------------------------|--|------------------|---|
| Mobility Library | Exercise | Notes | Reps x Time | Demo Link |
| Lower Body Mobility | 90/90 Active Hamstring Stretch | Lie on your back, bend your left knee, and pull it toward your chest by grabbing behind your thigh | 2 EA. Side x 30s | https://www.youtube.com/watch?v=ep2VIG3sv7k |
| Lower Body Mobility | Figure 4 Stretch | Lie on your back, bend your left knee, and pull it toward your chest by grabbing behind your thigh | 2 EA. Side x 30s | https://www.youtube.com/watch?v=mQMFEX7kU |
| Lower Body Mobility | Standing Quad Stretch | Stand tall, grab your ankle, and pull it toward your butt. Keep your knees together and chest up | 2 EA. Side x 30s | https://www.youtube.com/watch?v=elUz_C8wvdt |
| Lower Body Mobility | Standing Calf Stretch | Put your hands on a wall, step one foot back, and press your back heel into the ground | 2 EA. Side x 30s | https://www.youtube.com/watch?v=emaf0z07Dn6 |
| Upper Body Mobility | Triceps Stretch | Raise one arm overhead, bend the elbow, and use the other hand to gently apply pressure down | 2 EA. Side x 30s | https://www.youtube.com/watch?v=z2yDQ568ovU |
| Upper Body Mobility | Cross-Body Shoulder Stretch | Bring one arm across your chest and use the other arm to pull it closer. Keep your shoulders relaxed | 2 EA. Side x 30s | https://www.youtube.com/watch?v=Pg0vj5T |
| Upper Body Mobility | Door Frame Stretch | Place your arm on a door frame with your elbow bent, then step forward to stretch your chest | 1 x 30s | https://www.youtube.com/watch?v=B8uY01N |
| Upper Body Mobility | Childs Pose | Kneel on the floor, sit back on your heels, and reach your arms forward with your chest down | 1 x 30s | https://www.youtube.com/watch?v=ynM3M1T296 |



| Max Speed Cool-Downs (Monday - Friday) | | | | |
|--|-----------------------------|---|------------------|---|
| Mobility Library | Exercise | Notes | Reps x Time | Demo Link |
| Lower Body Mobility | Standing Quad Stretch | Stand tall, grab your ankle, and pull it toward your butt. Keep your knees together and chest up | 2 EA. Side x 30s | https://www.youtube.com/watch?v=elUz_GSmp22a |
| Lower Body Mobility | Wall ITB Stretch | Stand sideways to the wall, cross one leg behind the other, and gently lean your hips toward the wall | 2 EA. Side x 30s | https://www.youtube.com/watch?v=Y4yDj7_4G |
| Lower Body Mobility | Standing Calf Stretch | Put your hands on a wall, step one foot back, and press your back heel into the ground | 2 EA. Side x 30s | https://www.youtube.com/watch?v=maf0z070nE |
| Lower Body Mobility | Sprinter 90/90 | Start in a lunge with hands on the ground. Push your hips up to straighten your front leg | 2 EA. Side x 30s | https://www.youtube.com/watch?v=38465/sprinter_47466 |
| Upper Body Mobility | Door Frame Stretch | Place your arm on a door frame with your elbow bent, then step forward to stretch your chest | 1 x 30s | https://www.youtube.com/watch?v=B8uY01Nop8 |
| Upper Body Mobility | Cross-Body Shoulder Stretch | Bring one arm across your chest and use the other arm to pull it closer. Keep your shoulders relaxed | 2 EA. Side x 30s | https://www.youtube.com/watch?v=Pg0vj5TWw |
| Upper Body Mobility | Triceps Stretch | Raise one arm overhead, bend the elbow, and use the other hand to gently apply pressure down | 2 EA. Side x 30s | https://www.youtube.com/watch?v=z2yDQ5680H |
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