

Section 5

Progress Chart
Weekly Training Schedule
Important Training Tip Reminders

PROGRESS CHART

Name _____ Age _____

Height _____ Weight _____ Date Started _____

STEP 1. Record your fastest time in one or more of the following races before starting this program in the spaces below:

40 yards _____ seconds

60 meters _____ seconds

100 meters _____ seconds

200 meters _____ seconds

400 meters _____ seconds

Other _____ seconds

STEP 2. Complete the *Weekly Training Schedule* located on the next page for two consecutive weeks. When finished, record your fastest times in the Progress Chart below.

STEP 3. Continue on with the *Weekly Training Schedule* through four, eight and twelve weeks and once more record your fastest times in the Progress Chart below.

STEP 4. Continue on with this *Weekly Training Schedule* for as long as you plan to stay competitive in your sport. It should become a part of your normal workout routine along with any other training your are doing.

PROGRESS CHART				
Race Distance	Times at end of Week #2	Times at end of Week #4	Times at end of Week #8	Times at end of Week #12
40 Yards	seconds	seconds	seconds	seconds
60 meters	seconds	seconds	seconds	seconds
100 meters	seconds	seconds	seconds	seconds
200 meters	seconds	seconds	seconds	seconds
400 meters	seconds	seconds	seconds	seconds
Other: _____	seconds	seconds	seconds	seconds

WEEKLY TRAINING SCHEDULE

The table below outlines your weekly schedule for all ten exercises. As noted, Exercises #1-#5 are performed on Days 1 and 4 and Exercises #6-#10 are performed on Days 2 and 5.

You are to perform each exercise three (3) times on the recommended day before moving on to the next exercise. For example, Exercise #1 is performed on Day 1 of the week. Do this exercise 3 times with each leg, alternating between them as you go. When finished, proceed to Exercise #2 and do likewise before continuing on to the next until all five exercises for that day have been completed. With each exercise taking around 3 minutes to complete, it should take you about 15 minutes total to complete all five exercises for any given day.

WEEKLY TRAINING SCHEDULE					
Day of Week	Exercises				
1	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
2	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
3	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
4	Exercise #1	Exercise #2	Exercise #3	Exercise #4	Exercise #5
5	Exercise #6	Exercise #7	Exercise #8	Exercise #9	Exercise #10
6	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
7	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day

IMPORTANT TRAINING TIP REMINDERS

It's all about resistance

Tip #1. The exercises demonstrated in this program are meant to be physically challenging. If you find that your initial attempt with an exercise is too easy then you will need to increase the resistance by either adding in another resistance band, using a stronger band and/or repositioning yourself further away from where your band is attached to stretch it further.

Tip #2. Always train within the physical limits of the band. What this means is, no matter how much effort you are exerting for a given exercise, the resistance band should still be capable of stretching a little further. If the band is stretched to its maximum where there is no more stretch left in it, you will essentially turn the resistance band into a static rope, or cable, incapable of returning any elastic force back. This greatly reduces its effectiveness. If this should happen to you, then watch the video on *How To Increase Resistance* and use one of the methods presented there.

Tip #3. All of the exercises recommend using between 70-80% of your maximum strength over a 10-15 second period of time. This is a significant amount of effort and the best way to gauge this is you should feel like you need to take a rest from the exercise around the 10 second mark. So when it's your turn to do an exercise, if you can easily hold the final position for a lot longer than the recommended 10-15 seconds, such as 20 seconds or more, then you do not have enough resistance and will need to increase it.

“With your newly conditioned leg muscles, you should feel your legs springing effortlessly forward when you go for that extra burst of speed!”