

HEALTH & FITNESS

PHOTOGRAPHS BY MONTE ISOM

WORKOUT

MEET THE NEED FOR SPEED

In competitive sport, stronger is only one part of the equation. Use these drills TO GET FASTER. by STEPHEN CAMELIO

"ALL SPORTS ARE BASICALLY ABOUT ACCELERATION AND DECELERATION and changing direction as fast as possible," says Corey Crane, a strength and conditioning coach at West Point and author of *Winning the One Goal Game*, a training book for lacrosse players. In Crane's 15 years of helping jocks get fit, he's found that training for speed is often

completely neglected. "Everyone works on their strength and endurance," he says, "but foot speed and sprinting drills are the missing components for most athletes." To make sure you don't look like Drew Bledsoe on a bootleg, utilize Crane's workout plan twice a week. We guarantee you'll pick up a step — and probably a few more games.

AGILITY & SPEED



LADDER SPEED RUN

(3 sets)
Using tape, create a ladder shape on the floor with four to 10 15-by-15-inch squares. Staying low and relaxed, sprint through the ladder as fast as possible, touching both feet down between each rung. Upon exiting the ladder, explode out for five additional yards.



LADDER IN-OUT SHUFFLE

(3 sets in each direction)
Stand to the left of the ladder's first box, facing it. Step ahead into the box with your left foot and quickly follow with the right foot. Then step back diagonally with the left foot until it is below the second square and follow with the right foot. Repeat.



AGILITY TRAINING

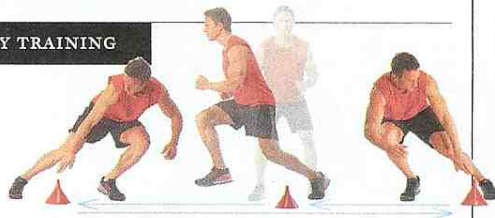


PRO-AGILITY DRILL

(5 sets in each direction)

Set up three cones (or make tape marks) in a straight line three to five yards apart. Start at the middle cone, sprint to the left, and touch the cone

with your left hand. Staying low, turn and sprint to the right cone, touching it with your right hand. Then turn and sprint back to the middle.



SPRINT "X" 4-CONE DRILL

(5 sets)
Place four cones three to five yards apart. From your starting cone, sprint up just past the outside of the next one. Plant one foot and turn so that your lead foot is pointing at the cone diagonally across from you, then sprint to it. Continue in this pattern, completing the X.



ACCELERATION



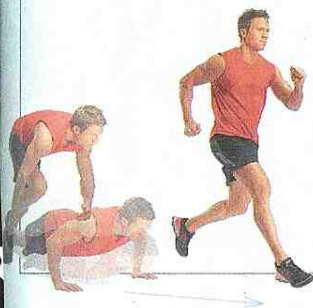
BALL DROP STARTS

(5 sets)
Stand sideways while a partner stands three to seven yards away, holding a tennis ball at shoulder height. Once your partner releases the ball, turn your hips and accelerate at full speed, trying to catch the ball before it bounces twice.



PUSH-UP STARTS

(5 sets)
Start in a push-up position. On cue (a partner's whistle or clap, for example), get up as fast as possible and accelerate at full speed through a finish line 10 yards away. Stay on the balls of your feet, keeping your elbows tight to your body and arms at 90-degree angles.



FOOT SPEED



LINE DRILLS

(3 sets of each)
Create a line on the floor. With knees bent, feet about six inches apart, hop forward and backward as fast as possible over the line for 10 seconds. Do three sets, then change direction and jump side to side over the line as fast as possible for another 10 seconds.



DOT DRILLS

(3-4 sets)
Using five pieces of tape, make an X pattern of dots on the floor that are 16-18 inches apart. Start with your knees slightly bent, feet four to six inches apart. Hop as fast as you can from dot to dot for 10 seconds. Try mixing up the patterns: square, diamond, and figure 8.



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