



Speed Programme for Offaly GAA Players –

Note: To get faster you need to move *fast*, what we mean by this is that twice weekly sprint sessions should be in your weekly training schedule.

NEVER sprint train without a solid warm up and your speed sessions can and should be done after your plyometric work (jumps over hurdles etc).

Time your sprints with a friend to test your speed – all you need is a stop watch and do 6 x 20meter sprints (with loads of breaks between each sprint), note the times, delete your fastest time and delete your slowest and get the average of the ones in the middle; this will give you a fair idea of your 20m sprint time.

Speed work Day 1:

Warm up in a 10 m Grid – do some of these moves as shown in your Offaly Squad Sessions.

<http://offaly.gaa.ie/the-offaly-way/>

Day 1 Linear: (as in straight ahead)

Movement 1: Non counter Movement jump – Linear – Vertical Box (12inch) 2 x 5 reps.

<https://www.youtube.com/watch?v=8Qg0rROgSnU>

Movement 2: Counter movement Linear-Horizontal Hurdle jump 1 x 5 reps.

<https://www.youtube.com/watch?v=8ctnJ5X8SUo>

Movement 3: Counter Movement Linear-Horizontal (6inch) Hurdle Hop 2 x 5 reps each.

<https://www.youtube.com/watch?v=afwPOFJMwF8>

Sprints:

6 x 15 meter flat out Sprints with 60 seconds full recovery between each sprint.

Speed work Day 2:

Warm up in a 10 m Grid – do some of these moves as shown in your Offaly Squad Sessions.

<http://offaly.gaa.ie/the-offaly-way/>

Day 2: Multi Directional

Movement 1: Counter Movement Lateral Horizontal Bound and quick stick 2 x (3x3)

<https://www.youtube.com/watch?v=Vp6bqTTxqik>

Movement 2: Continuous Lateral – Horizontal 45deg Bound 2 x 5 reps each

<https://www.youtube.com/watch?v=OZeTv9W31nQ>

Sprints:

Rolling Starts – which means you are jogging for 10meters then hit the line and BOOM you sprint for 15m... Do this 6 times with full recovery between each rep.