

4 Week – 4 Day Pre Season Speed Endurance Training for Kids
(Sports Endurance for Kids)
Coach Jack Gregory

This is a speed endurance program designed to improve the endurance level of young athletes prior to the start of a sports season. It takes one month to complete. This program is designed for young athletes below the age of twelve.

Program Schedule – 1st and 2nd days program; 3rd and 4th day rest; 5th and 6th day program; 7th day rest.

Important – The first two weeks rest 45 to 60 seconds between each sprint. If overweight/obese rest for 1 minute to 1 minute and 30 seconds. The key is they should return to normal breathing patterns before the next sprint. On the third and fourth week reduce the rest to 30 to 45 seconds and 45 seconds to 60 seconds for overweight/obese kids.

Hydrate – Bring a water jug and drink water after every yardage change. Make sure you drink water before and after every session as well.

1st Week
20 Yards – 10
15 Yards – 5
10 Yards – 10
(375 yards)

2nd Week
20 Yards – 10
15 Yards – 10
10 Yards – 10
(450 yards)

3rd Week
40 Yards – 2
30 Yards – 2
20 Yards – 10
15 Yards – 10
10 Yards – 10
(590 yards)

4th Week
40 Yards – 5
30 Yards – 5
20 Yards – 10
15 Yards – 10
10 Yards – 10
(800 yards)