

MTC



RAPIDO

THE ULTIMATE EXPLOSIVE SPEED
TRAINING PROGRAM

Welcome to RAPIDO, the ultimate explosive speed training program.

With the pace of the game getting faster all the time, it's important that we train our bodies to keep up. In this explosive speed training program, I've formulated a combination of fast feet/coordination, plyometric, and agility drills that activate the fast twitch fibers to make you more explosive off the mark.

The races that occur in a football match aren't the same as the races you see in the olympics. Rarely in a football match, are you covering long sprinting distances, but instead you are performing shorter but more frequent sprints in multiple directions, which requires a running technique that involves shorter sharper steps, a low centre of gravity, and rapid acceleration. Those first 10 meters is where your speed really counts.

There are many components that are factored in to determine the quickness of a footballer, including the speed in which their muscles can contract, the number of times their feet can strike the ground in a short space of time to cover distance, and the ability to decelerate and accelerate in multiple directions. All of these areas are covered in Rapido.

It is my recommendation that you do 2 days of dedicated speed training during your weekly training schedule. You will be getting speed work during your team sessions, football matches and individual sessions, but taking the time to focus on your explosive speed specifically will show significant results on the pitch. Be sure to have a minimum of one day of rest between dedicated speed sessions to allow your body to rebuild and recover. Recovery is a vital ingredient to your overall improvement. Stay consistent (for example if you train your speed on Monday's and Thursdays, stick to your schedule for maximum results).

All of the video links to each exercise can be found on the relevant pages in this document including precise instructions on how to set up and perform each of the exercises. Try using the rep recommendations I give and modify the intensity if needed (add more rest time, decrease/increase reps/sets). I recommend 20 seconds of rest between exercises, but modify if needed. Lastly, be sure to warm up thoroughly before training to prevent injuries and get the most out of your session.

Work hard, and enjoy Rapido!



Michael Lewis Cunningham
7mlcTraining

DAY ONE DAY ONE

FAST FEET

3 x 20 seconds on
20 seconds off

1. Forwards Backwards
2. Side to Side
3. Cross Overs

PLYO

3 x 10 reps
5 per leg for single leg
exercises

1. Jump Squats
2. Jump Lunges
3. Speed Skates

AGILITY

4 reps

1. Forwards Facing Shuttles
2. Lateral Cone Touches x 10
3. Diagonal Shuffle



DAY TWO DAY TWO

FAST FEET

3 x 20 seconds on
20 seconds off

1. Lateral Steps
2. Lateral Shuffle
3. Icky Shuffle

PLYO

3 x 10 reps
5 per leg for single leg
exercises

1. A - Skips
2. Knee Drive Lunges
3. Drop Squats

AGILITY

4 reps

1. W - Drill (2 each direction)
2. Forwards Facing Box
3. Diagonal Course



DAY THREE DAY THREE

FAST FEET

3 x 20 seconds on
20 seconds off

1. Reverse Lateral Step
2. Foot Exchange
3. Box Steps

PLYO

3 x 10 reps
5 per leg for single leg
exercises

1. Calf Raises
2. Tuck Jumps
3. Lateral Hops

AGILITY

4 reps

1. 5 Point Drill
2. Shuttles
3. Bullet Dodge



DAY FOUR DAY FOUR

FAST FEET

3 x 20 seconds on
20 seconds off

1. Front/Back Lateral Step
2. Reverse Step Crossover
3. Stationary Fast Feet

PLYO

3 x 10 reps
5 per leg for single leg exercises

1. Step Up Knee Drive
2. Depth Jumps
3. Two Foot Bounds

AGILITY

4 reps

1. Center Circle Drill (2 each direction)
2. Triangle Drill (2 each direction)
3. T - Agility Drill (2 each direction)



DAY FIVE DAY FIVE

FAST FEET

3 x 20 seconds on
20 seconds off

- 1. In-Outs
- 2. Carioca
- 3. Double Crossover

PLYO

3 x 10 reps
5 per leg for single leg
exercises

- 1. High Knees
- 2. Diagonal Bounds
- 3. Single Leg Hops

AGILITY

4 reps

- 1. Square Sprint (2 each direction)
- 2. Forwards Facing W - drill
- 3. Crosshair (2 each direction)



DAY SIX DAY SIX

FAST FEET

3 x 20 seconds on
20 seconds off

1. Stepovers
2. Inside Stepovers
3. Stance Switches

PLYO

3 x 10 reps
5 per leg for single leg
exercises

1. Quad Bounds
2. Single Leg Tuck
Jumps
3. Burpees

AGILITY

4 reps

1. 4 Cone Retrieve
2. Maze Runner
3. Arrow Head Agility
Drill (2 each direction)



DAY SEVEN

DAY SEVEN

FAST FEET

3 x 20 seconds on
20 seconds off

1. Lateral Step Shuffle
2. Shuffle Overs
3. Circle Shuffle

PLYO

3 x 10 reps
5 per leg for single leg
exercises

1. Kneeling Jumps
2. 180 Jump Squat
3. Single Leg Lateral Hop

AGILITY

4 reps

1. Forwards Facing Crosshair (2 each direction)
2. X Box (2 each direction)
3. Twenty Yard Dash



RAPIDO VIDEO LINKS

Day 1: <https://youtu.be/t6g6YnNjveE>

Day 2: <https://youtu.be/po9WRI6BVUM>

Day 3: <https://youtu.be/U8ZIDMyhCTw>

Day 4: <https://youtu.be/vLl1Fj4bXY8>

Day 5: <https://youtu.be/h5eBT3pnRyY>

Day 6: <https://youtu.be/Y9H-mqPygKg>

Day 7: <https://youtu.be/lp7OnlGtNvl>

Full Playlist: https://www.youtube.com/watch?v=t6g6YnNjveE&list=PLSYLQBF8yu6eOgV5XIs_oGZSRMW96_1Bcz

CONGRATULATIONS!

You have completed Rapido - The Ultimate Explosive Speed Training Program.

I am sure you are already feeling more explosive, but the improvements don't end here.

Now you have the Program wherever you go, you can modify the intensity levels for even more of a challenge.

Try adding a set of each exercise and repeat the program. This gradual increase in workload allows for progression, and you will continue to see improvements each time you do this.

Remember, don't limit your challenges, but instead, challenge your limits!