

## **Fit XT: "SPARTA" Protocol**

"Speed, Power, Agility & Resistance Training Academy"

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<http://asapworkouts.com>

**The SPARTA Protocol** is speed, agility, and power training protocol, based upon the workout circuit nature of the Tabata protocol.

Only 20 minutes in length, the SPARTA Protocol takes certain modes of speed, agility and power exercises into a timed circuit pattern over the 20 minutes.

Exercise modes include:

Kettlebells: Swings & High Pulls

Jump Roping drills

Cone shuffling drills

Hula Hoop jumping drills

Hurdle drills

Also, various sprint and agility drills are used in a separate workout, based on fastest time for each drill.

**In the 20 Minute Circuit**, the workout pattern is as follows:

First 4 minutes: 10 seconds work, 20 seconds rest x 8 rounds

Second 4 minutes: 15 seconds work, 15 seconds rest x 8 rounds

Third 4 minutes: 20 seconds work, 10 seconds rest x 8 rounds

Fourth 4 minutes: 15 seconds work, 15 seconds rest x 8 rounds

Fifth 4 minutes: 10 seconds work, 20 seconds rest x 8 rounds

These work/rest patterns are used to mimic the 1:2, 1:1, and 2:1 work/rest patterns that exist in the nature of many sports, such as football, basketball, volleyball, and soccer.

By moving in an escalating intensity and descending intensity pattern, athletes can build up to a high intensity level within the workout, and finish the workout in shorter, high intensity efforts for higher quality efforts in a short time frame.

In other speed & agility drills based on time, a timing system is used when possible, or a stopwatch is used to track times of the drills for each rep the athlete takes.

Workouts alternate between the Tabata based circuit one day (the 20 minute circuit format), and Speed/Agility drills the next workout session.

Over the course of 8 weeks with a frequency of 2 times per week, the athlete obtains 8 Tabata circuits and 8 Speed/Agility circuits over that time frame.

With 3 times per week of workout frequency, 12 workouts of each method will be obtained over the 8 week training period.

#### **Examples of the Tabata circuits:**

##### ***8 Stations –***

25# Kettlebell for Swings

Jump Rope – Scissor Jumps

Hula Hoop Jumps – “Clock” jumps of 9 to 3, in & out of the hoop from side to side (inside to “9”, back in, out to “3, back in, back to “9” again, etc)

3 Yard Cone Shuffles – shuffle laterally from cone to cone, 3 yards apart

35# Kettlebell for Swings

Jump Rope – Side Split Hops

Hula Hoop Jumps – “Clock” jumps of 10 & 2 areas on the clock, returning to inside the hoop after each hop to 10 & 2

Figure 8 Cone Drill – Space 2 cones 5 yards apart, do a continuous figure 8 pattern around them for time.

- One stop at each of these stations would equal one, 4 minute round.

***Tabata Circuit: 4 Stations only***

25# Kettlebell for Swings

Jump Rope for Speed

Side to Side Hurdle Shuffle with 2 Hurdles

Lateral Cone Jumps – continuous jumps over a cone from side to side

- Spend 2 sets of each 30 second period at every station for a 4 minute period.
  - o 2 sets of KB Swings
  - o 2 sets Jump Rope
  - o 2 sets of Hurdle Shuffles
  - o 2 sets of Lateral Cone Jumps

***Additional Options for each station:***

Kettlebells: 1 Hand Swings, 2 Hand Swings, Alternating Swings, Figure 8 Swings, High Pulls

Jump Rope Drills: Speed hops, side to side hops, side split hops, scissor hops, crossover hops

Hula Hoop Jumps: 3 to 9, 12 to 6, 10 to 2, 7 to 4, 12-3-6-9, 9-6-3-12, 1-5-7-11, 11-7-5-1, 2-4-8-10, 10-8-4-2

Hurdle Drills: Lateral shuffles with 2 hurdles, 3 hurdles as well

Cone Drills: Lateral shuffles, Sprint/Backpedals, Figure 8's, Triangle Shuffles

Of note: 4 athletes in a training session can each take one station and move from station to station throughout the circuit. It makes multiple athletes per session a great option for team building and camaraderie.

**Have an hour to spend? After your 20 minute Tabata style circuit, take a break, get some water, and then focus on traditional speed/agility timed drills, such as dashes for distances and agility cone drills.**

**Speed/Agility Timed Drills:**

10 Yard Dash

20 Yard Dash

30 Yard Dash

40 Yard Dash

20 Yard Shuttle

5-10 Sprint/Backpedal/Sprint Drill

T-Test Drill

Cone Weaves

In a small group session, if 4 athletes are scheduled, a 1:3 work/rest pattern is ideal from drill to drill, as one person does the drill while the other 3 rest.

In keeping with a 20-25 minute time period, 5 minutes could be spent on each drill chosen for the day, setting up 4-5 drills for the day to go through and keep track of for each set performed.

- 10 Yard Dashes – 5 minutes of time
- 20 Yard Dashes – 5 minutes of time
- 20 Yard Shuttles – 5 minutes of time
- T-Test Drill – 5 minutes of time
- Cool-down/Stretch
- Take adequate rest breaks between reps of each drill, determined by each athlete's abilities. A 1:3 work/rest pattern should be sufficient, but allow for quality to be maintained.

Simple Workout Hack: GET A NOTEBOOK & PEN!

I'm pretty big about tracking times for workouts as a gauge to see how well things are going, or perhaps not going so well over time. If you don't track things, its very hard to know where you are going in your progress!

I know this sounds like a stupid 'hack' but a pack of pens and a couple notebooks at a dollar store are all that you need to track some progress. A Mountain Dew is \$2. A notebook and pack of pens is \$2. Which one can help you get faster? Choose wisely.

