
HITMAN PERFORMANCE

FREE SPEED DEVELOPMENT RESOURCE

A male athlete with short brown hair is running towards the camera in a gym setting. He is wearing a grey t-shirt with a logo that says "DP DARTMOUTH PEAK PERFORMANCE" and green shorts. In the background, two other people are visible, one on the left and one on the right, both out of focus. The lighting is dramatic, with strong highlights and shadows.

THE FAST TWITCH FORMULA

A 6-Week Blueprint to Sprint Faster, Jump Higher & Become More Explosive

BRETT HART | HITMAN PERFORMANCE

START HERE

THE PLAN AT A GLANCE

Two sessions a week. Six weeks. Everything you need is in this document.

6

WEEKS TOTAL

2

SPEED SESSIONS / WEEK

3

PROGRESSIVE PHASES

YOUR TRAINING WEEK

DAY 1

**ACCELERATION
+ JUMPS**

Horizontal force. Win the first 4 steps.

DAY 2

**MAX VELOCITY
+ PLYOMETRICS**

Vertical force. Relaxed aggression.

HOW TO USE THIS GUIDE

1

LEARN THE REASONING FIRST

Read pages 4-12 for the full "why" behind every piece of the session.

2

SKIP STRAIGHT TO THE PROGRAM

Jump to page 13 and start training. Come back for the reasoning later.

3

CLOSE IT AND DO NOTHING

Add it to the collection of free resources you never open. Your call.

Obviously you know which I'd advise. But feel free to do what you please.

WHAT'S INSIDE

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Two sessions per week is all you need on top of what you're already doing.

SECTION 01

WELCOME TO THE FAST TWITCH FORMULA

So you want to get faster, jump higher, and move like you're Adam Archuleta on his pro day? Perfect. Because this is the 6-week plan built to help you do just that.

Fast Twitch Formula is your free, essential guide to developing real world speed and explosiveness – even if you've never sprinted a day in your life.

HERE'S WHAT TO EXPECT

2 DAYS A WEEK

Yes, that's all you need on top of what you're already doing.

SPRINT PREP

Drills that actually help with sprinting while warming you up.

3 PHASES

Each phase is 2 weeks, building from movement skills to max output.

THE FULL "WHY"

A breakdown of why I do it this way, plus video links for every session.

BONUS – \$25 OFF AT OVR

Yes, I make money if you use that link – but you also get sick timing gates, a jump sensor, bar speed, or even a force plate for \$25 less. If you want to get faster, timing sprints is probably the easiest thing you could do. OVR has the best sprint gates, so I'd recommend them even if I couldn't get you a discount.

CLAIM \$25 OFF → [OVRPERFORMANCE.COM/HITMAN](https://ovrperformance.com/hitman)

Now let us dive into my brain on how I think about these speed sessions.

SECTION 02

THE THOUGHT PROCESS BEHIND IT

For 99% of my clientele they all come to me for one thing, and that's sprint training. I still see facilities and other programs butchering it, or simply not implementing dedicated sprint work within their training, and it really confuses me as to why that wouldn't be a top priority.



**SPEED IS THE TIDE
THAT LIFTS ALL BOATS.**

Coach Tony Holler

If you get faster then it shouldn't be a surprise that you also get more powerful, increase total motor output, enhance coordination, and overall become a better athlete.

When I design a sprint session, I have a lot I want to get done within a 60 minute window. I've tried a lot of different methods and variations of what I'm about to show you, but here is where I'm at currently from a programming perspective.

KEY TAKEAWAY

Focus every session around one of the two phases of the sprint: **acceleration** or **max velocity**.

ACCELERATION

Getting up to speed. The first steps off the line.

MAX VELOCITY

Top end speed. What happens once you're there.

SECTION 03

ACCELERATION VS. MAX VELOCITY

To keep it really simple, here is how I see the two:



ACCELERATION

HORIZONTAL FORCE

- Horizontal force emphasis
- Max concentric strength / power output
- Low shin angle
- Long ground contact time
- "Push" emphasis with proper projection
- "Falling" into the sprint



MAX VELOCITY

VERTICAL FORCE

- Vertical force emphasis
- More elastic / reactive in nature
- Relaxed aggression
- Isometric strength: calves, hamstrings, glutes
- Minimal ground contact time
- More upright posture

COACHING CUE

"WIN THE FIRST 4 STEPS."

I'm fully aware of facility constraints and weather, so I've been fine tuning my acceleration days to make the most of just 15-20ish yards of turf space. Just because you don't have a full track runway does not mean you can't get faster.

SECTION 04

MOVEMENT PREP + SPRINT PREP

MOVEMENT PREP

10 YARDS EACH · 1 PASS · 3-5 REPS/SIDE

EXERCISE	DOSE	PURPOSE
High knee pull to lunge	10 yd	Hip flexion + hip extension range
Leg cradle to reverse lunge	10 yd	External rotators, glute prep
Lateral squat	10 yd	Adductor length, frontal plane
Spinder lunge w/ rotation	10 yd	Hip + spine rotation
Inchworm w/ pushup	10 yd	Posterior chain, core engagement
Reverse bear crawl	10 yd	Core + coordination

COACH'S NOTE

It isn't to gas you out. Get the hips, core and spine prepared to handle higher velocities, access some deeper ranges of motion, and reduce inhibition before the sprint prep.

SPRINT PREP

BOTH DAYS · ACCEL AND MAX V

- 01 A March
- 02 A Skip
- 03 A Skip backwards
- 04 A Switch w/ pause
- 05 A Switch w/ hop

- 06 Triple Switch
- 07 Triple Switch w/ hop
- 08 Pogos
- 09 Primetimes (long)
- 10 Primetimes (rapid)

[WATCH: A-SERIES →](#)

[WATCH: FULL SPRINT PREP →](#)

COACH'S NOTE – WHY THE SPRINT PREP STAYS

The sprint prep is a mix of Tony Holler and Les Spellman specific work where we target the hip flexors in a manner similar to sprinting. It's a staple of my programming for the last 5 years. It's boring some days – that doesn't mean we neglect it. I've seen it literally transform an athlete's ability to sprint and actually look like they know what the hell they're doing.

SECTION 05 · DAY 1

ACCELERATION DAY

1. POWER PRIMER

2. SPRINT WORK

3. VERTICAL POWER

4. ISO WORK

1 POWER PRIMER

EXERCISE	DOSE	FOCUS
Broad Jump Variation	Coach's call	Push for distance
Technical Accel Variation	Coach's call	Constraint start / first step

Since acceleration is more force dominant in nature, it makes sense to work drills that teach the athlete to "push" for distance. It's also a great time to use a constraint sprint for whatever the athlete is struggling with on their first step. Standing up too early? Try a pushup start. Heels coming up too high? Try a 1/2 kneel sprint with a hurdle over the back foot to force low heel recovery.

COACHING CUE

"PUSH FOR DISTANCE."

2 SPRINT WORK

EXERCISE	DISTANCE	REPS	NOTES
Resisted Sprints	10-20 yd	3-5	~20-30 lb of resistance
Unresisted Sprints	10-20 yd	5-10	Record times when you can

LOADING GUIDELINE

Start with roughly 20-30 lb of sprint resistance and adjust based on the athlete's strength base. I wouldn't go higher unless they're relatively strong.

QUALITY > FATIGUE

Sprinting should not become conditioning. I use a Skillz Speed Sac, but a sled or an inclined hill works great for this.

People also talk about doing the resisted sprints AFTER the unresisted since fatigue could cause mechanical issues. Here's what I've found: if the load is light and it doesn't cause the "muscle pump" in the legs, doing it first is perfectly fine. If you want to really push the load and feel the "push" against a heavy implement, do them after. Experiment. Hundreds of thousands of athletes have gotten amazing results without ever thinking about this.

3 VERTICAL POWER

EXERCISE	SETS	REPS	NOTES
Weighted vertical jump	2-3	3-5	DBs 10-20 lb in each hand
Seated box jump	2-3	3-5	Unweighted, pure concentric

Starting from a seated position takes the stretch-shortening cycle out of the equation and makes it all concentric force dominant – crucial for getting off the line explosively. Already doing a lot of olympic lifts, weighted jumps or other ballistic work? Feel free to disregard this portion.

4 ISO WORK

"In stillness, chaos is organized" – Dan Fichter

LUNGE EXTREME ISO

WALL SIT

HAMSTRING BRIDGE

HOW TO USE THEM + SIDE NOTE

Use all 3 together, or pick 1 and go for max duration. I typically superset the hamstring and lunge for 2 minutes accumulated each. Early acceleration is hip dominant, so extra love there caps the session off well. Youth athletes run like they're lit on fire – if you can get them to strain in a lunge and hold proper position, their sprints start to look a lot better.

SESSION EXAMPLES

[ACCEL DAY #1 →](#)

[ACCEL DAY #2 →](#)

[ACCEL DAY #3 →](#)

MAX VELOCITY DAY

1. POWER PRIMER
2. SPRINT WORK
3. PLYOMETRICS
4. ISOs

1 POWER PRIMER

EMPHASIS: SPEED AND RHYTHM

EXERCISE	DOSE	FOCUS
Depth Drops	10-20 reps	"Fall" and "catch" – stick the landing
Rapid feet series	Coach's call	Prep for higher velocities
Bounds	Coach's call	Elastic output, rhythm
Russian Lunge Stance Switches	Coach's call	Use force as fast as you can

The depth drops at the beginning help reduce inhibition and get you used to the "fall" and "catch". You can use them on either day, but I think they fit best in a Max V session based on what comes next. The Russian lunge switches and rapid foot fire series get the body prepped to move fast – we still want to produce force, but now we want to use it as fast as we can.

2 SPRINT WORK

FASTEST TIMES OF THE DAY

EXERCISE	REPS	NOTES
50-60 yd Build ups	x 3-5	Cued to be as relaxed as possible
20-30 yd build into 10 yd fly	x 2-6	Quality reps only – more is not better

WHAT I WRITE IN MY ATHLETES' PROGRAMS

"Goal is to keep the face as relaxed as possible. Every 10 yards increase roughly 10% effort level, finishing at 95%."

MAX VELOCITY DAY

CONTINUED

THE BUILD-UP PROGRESSION · 50 YARDS

0-10 YD		55%
10-20 YD		65%
20-30 YD		75%
30-40 YD		85%
40-50 YD		90-95%

"HOW FAST CAN YOU GET WITHOUT TRYING AT ALL?"

SPRINT REST RULE

30-60 SEC / 10 YARDS

A 30 yd build into a 10 yd fly means 2-4 minutes of rest before the next attempt. Do not rush these.

3 PLYOMETRICS

SHORT GROUND CONTACTS · LOW VOLUME

- Hurdles (single and double leg)
- Depth drop into hurdle jumps
- Intensive pogos
- Bound variations

WHY

See how much force you can produce while doing it as fast as humanly possible. This targets the elastic properties and is closer to what plyometrics actually are. Keep volume low to start.

4 ISOs

HIPS + LOWER LEG · SKIP THE HAMSTRINGS

EXTREME LUNGE

CALF

HIP ADD / ABDUCTION

SESSION EXAMPLES

MAX VELOCITY SESSION #1 →

MAX VELOCITY SESSION #2 →

SECTION 07

PROGRAMMING & RECOVERY GUIDELINES

2X

PER WEEK

One acceleration focused, one top end speed focused.

+1-2

SETS PER WEEK

Add a set or two each week to accumulate more volume.

4-6

WEEK DELOAD

Deload total volume roughly every 4-6 weeks.

WHY REST IS PROGRAMMING, NOT SLACKING

With max velocity we're looking to stimulate the central nervous system to increase our likelihood of achieving that adaptation. You can't get faster if you constantly run yourself into the ground or sprint under a mass amount of fatigue.

**SPRINTING IS A VERY SPECIFIC SKILL.
IF YOU DON'T USE IT, YOU LOSE IT.**

So there you have it – a full breakdown on how to structure your speed sessions, so there should be no excuses not to get a lot of good work in. Aim for at least 2 sessions per week: one more acceleration focused, one more top end speed focused.

THE PROMISE

DO THIS FOR A FULL YEAR AND YOU WILL BE A COMPLETELY DIFFERENT ATHLETE.

Now let us get into the program

SECTION 08 · THE PROGRAM

THE FAST TWITCH FORMULA

6-WEEK TRAINING PLAN

PHASE 1

WEEKS 1-2

FOUNDATION

Page 14

PHASE 2

WEEKS 3-4

PROGRESSION

Page 15

PHASE 3

WEEKS 5-6

MAXIMUM OUTPUT

Page 16

Every phase has two sessions: Day 1 Acceleration and Day 2 Max Velocity. Warmup + Sprint Prep before both.

DAY 1 – ACCELERATION

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A1	Banded Broad Jumps	2	3 reps	Push for distance
A2	Broad Jump	2	3 reps	Pair with A1
B1	Sled Push	3	10 yd	Low shin angle
B2	½ Kneel Accel Sprint	3	5 yd / per side	Pair with B1
C	Resisted Sprint	3	15 yd	~20-30 lb
D	10 yd Dash	–	x 6 reps	Record times

DAY 2 – MAX VELOCITY

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A	50 yd Build ups	–	x 2-3	Stay relaxed
B	10 yd Build into 10 yd Fly	–	x 3-5	Fastest times of the day
C1	Hurdle jumps w/ stick	3	5 reps	Stick the landing
C2	Band Assisted Vertical Jumps	3	8 reps	Pair with C1
D1	Russian Lunge switches	2	5 ea	Speed and rhythm
D2	SL side to side line hops	2	:7 sec / ea	Pair with D1

DAY 1 – ACCELERATION

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A1	Banded Broad Jumps	2	3 reps	Push for distance
A2	Double Broad Jump	2	2 reps	Pair with A1
B1	2pt Stance Wall OVC Iso	3	:5 sec / ea	Hold position
B2	½ Kneel Accel Sprint	3	5 yd / per side	Pair with B1
C	Resisted Sprint	3	15 yd	~20-30 lb
D	10 yd Dash	–	x 8-10 reps	Record times

DAY 2 – MAX VELOCITY

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A	50 yd Build ups	–	x 2-3	Stay relaxed
B	20 yd Build into 10 yd Fly	–	x 3-5	30-60 sec rest / 10 yd
C1	Hurdle jumps w/ rhythm hop	3	5 reps	Short ground contacts
C2	Band Assisted Vertical Jumps	3	8 reps	Pair with C1
D1	Russian Lunge switches	2	5 ea	Speed and rhythm
D2	SL side to side line hops	2	:7 sec / ea	Pair with D1

DAY 1 – ACCELERATION

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A1	Banded Broad Jumps	2	3 reps	Push for distance
A2	Triple Broad Jump	2	1 rep	Pair with A1
B1	Wall Drill (load + extend + switch)	2	4 ea	Low heel recovery
B2	SL RDL into Sprint	2	2 ea @ 10 yd	Pair with B1
C	Tall Pushup Resisted Sprint	4	10 yd	~20-30 lb
D	5 yd Build into 10 yd Fly	–	x 4-6 reps	Record times

DAY 2 – MAX VELOCITY

WARMUP + SPRINT PREP

#	EXERCISE	SETS	REPS / DISTANCE	NOTES
A	50 yd Build ups	–	x 2-3	Stay relaxed
B	30 yd Build into 10 yd Fly	–	x 3-5	2-4 min rest between reps
C1	Hurdle jumps	3	5 reps	Short ground contacts
C2	Band Assisted Vertical Jumps	3	8 reps	Pair with C1
D1	Russian Lunge switches	2	5 ea	Speed and rhythm
D2	SL side to side line hops	2	:7 sec / ea	Pair with D1

READY TO TAKE THE NEXT STEP?

Thank you for taking the time to read through this. I hope you take at least 1 thing away from my ramblings on speed development. If you want further coaching from me, here's how:

FREE SKOOL COMMUNITY

Free guides, courses and resources for athletes, parents and coaches.

[JOIN FREE →](#)

1-HOUR MENTORSHIP CALL

One-on-one guidance for coaches on programming, coaching, career and business.

[BOOK A CALL →](#)

COACH'S COMMUNITY

For performance coaches sharpening their craft and growing alongside others.

[JOIN THE COMMUNITY →](#)

ONLINE + IN-PERSON COACHING

Individualized programming, direct feedback and accountability, 1-on-1.

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THE PODCAST

THE GAP

I interview other S&C coaches about their journey, thought process, and just dope conversations with great minds.

[LINKS TO ALL PLATFORMS →](#)

INSTAGRAM

[@BRETT_HART__](#)

QUESTIONS?

Reach me by IG DM anytime.

Thank you all again. Until next time.

HITMAN OUT 🧐