OPC PERFORMANCE PROGRAM

SPEED PROGRAM

FASTER FIRST STEPS. HIGHER TOP SPEED.

Develop acceleration and top speed with purpose. Combine strength and core in the gym with **power through plyometrics** and **speed through sprint training** on the field or sprint track.

WHAT DO YOU WANT TO ACHIEVE?

Become faster over the first metres and develop a higher top speed. A powerful push-off improves your first steps, while top-speed training develops faster running. Strength, plyometrics and core support this; sprint training develops speed directly.

FOUR PHASES. ONE GOAL.

01	02	03	04
FOUNDATION	INTENSIFY	MAXIMUM CAPACITY	PERFORMANCE

Each phase lasts 4, 6 or 8 weeks, depending on the program. Power and Speed are trained **in parallel during every phase**.

CHOOSE YOUR PROGRAM

16 WEEKS

4 weeks per phase

€220 / 4 weeks

€880 total

24 WEEKS

6 weeks per phase

€210 / 4 weeks

€1,260 total

32 WEEKS

8 weeks per phase

€200 / 4 weeks

€1,600 total

Prices include VAT. Payments are made every four weeks. Longer programs have a lower rate per period.

THE FOUR TRAINING PHASES

FOUNDATION & INTENSIFY

Start with the physical foundation and gradually increase training load. Both acceleration and top speed are trained in each phase.

01 FOUNDATION

TECHNIQUE & LOAD TOLERANCE

STRENGTH

Build muscle and base strength with controlled lower-body exercises.

POWER

Plyometrics through **Non-Countermovement (NCM):** explosive jumps from a static position without dipping first.

SPEED / SPRINTTRAINING

Acceleration: 10 m.
Top speed: 20 m build + 10 m go. Focus on start position and running mechanics.

CORE

Isometric: hold the trunk steady under resistance without movement.

02 INTENSIFY

MORE STRENGTH & SPEED

STRENGTH

Submaximal strength: gradually increase resistance in key lower-body exercises.

POWER

Plyometrics through **Countermovement (CM):** dip briefly and take off explosively.

SPEED / SPRINTTRAINING

Acceleration: 20 m.
Top speed: 20 m build + 20 m go. Longer fast-running segment.

CORE

Low speed, low resistance and high volume to develop dynamic trunk control.

THE FOUR TRAINING PHASES

MAXIMUM CAPACITY & PERFORMANCE

Develop greater strength and speed capacity, then apply it toward sport performance.

03 MAXIMUM CAPACITY

MAXIMUM PHYSICAL CAPACITY

STRENGTH

Maximal strength with heavy lower-body exercises and adequate recovery.

POWER

Plyometrics through **Double Contact (DC):** land from a previous jump and immediately take off explosively again.

SPEED / SPRINTTRAINING

Acceleration: 30 m.
Top speed: 20 m build + 30 m go. High quality and full rest.

CORE

Low speed, high resistance and low volume. Maintain trunk control under load.

04 PERFORMANCE

EXPLOSIVENESS & APPLICATION

STRENGTH

Explosive strength: produce force quickly while retaining enough heavy strength work.

POWER

Plyometrics through **Continuous (CON):** repeated jumps with quick reactive ground contacts.

SPEED / SPRINTTRAINING

Acceleration: 10-30 m.
Top speed: 20 m build + 40 m go. Volume adjusted around matches.

CORE

Dynamic explosive: transfer or absorb force rapidly through the trunk.

WHY THIS APPROACH?

FASTER ACCELERATION. HIGHER TOP SPEED.

Speed requires physical capacity and actual sprint training. The academy therefore combines strength, power, speed and core in one program.

01

FASTER OVER THE FIRST METRES

Targeted accelerations and strength development help you push off harder from a static start.

02

A HIGHER TOP SPEED

Flying sprints with a fixed 20 m build-up and progressively longer fast segments develop high-speed running.

03

EXPLOSIVE FORCE (POWER)

Plyometrics develop rapid force production and absorption, progressing from NCM to Continuous.

04

TRUNK CONTROL (CORE)

Targeted core work supports posture and force transfer during sprinting.

TWO TRAINING LOCATIONS. ONE PROGRAM.

IN THE GYM: strength and core.

OUTDOORS ON THE FIELD OR SPRINT TRACK: power (plyometrics) and speed (acceleration and top speed).

Every session is coordinated with your training, matches, experience and recovery.

YOUR PROGRAM

YOUR FOUR-PHASE JOURNEY

The same four-phase OPC Speed Program, with different timeframes per phase. Sprint and power training run in parallel throughout.

16 WEEKS

€220 / 4 weeks · €880 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAX. CAPACITY	PERFORMANCE
week 1–4	week 5–8	week 9–12	week 13–16

24 WEEKS

€210 / 4 weeks · €1,260 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAX. CAPACITY	PERFORMANCE
week 1–6	week 7–12	week 13–18	week 19–24

32 WEEKS

€200 / 4 weeks · €1,600 total

PHASE 1	PHASE 2	PHASE 3	PHASE 4
FOUNDATION	INTENSIFY	MAX. CAPACITY	PERFORMANCE
week 1–8	week 9–16	week 17–24	week 25–32

WHAT YOU GET WITH THE PERFORMANCE ACADEMY

- Performance Baseline and a personal program covering strength, power, speed and core.
- Exercises, sets, reps, sprint distances and instruction videos in the OPC app.
- Weekly check-in, coach chat and adjustments around training and matches.

The four phases represent training emphases. Details are tailored to each athlete. Results are not guaranteed.