



PROGRESSION TO SPRINTING

Stage 1. 50% INTENSITY (1:3 work to rest ratio).			
Objective: Build work capacity for anaerobic conditioning/endurance			
Step 1	Step 2	Step 3	Step 4
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 2
100 yd x 1 untimed	100 yd x 1 untimed	100 yd x 1	100 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 1
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
19 runs @ 940 yds	23 runs @ 1060 yds	23 runs @ 1100 yds	23 runs @ 1120 yds

Stage 2. 75% INTENSITY (1:5 work to rest ratio).			
Objective: Speed development, improve technique, and build repeated sprint ability			
Step 1	Step 2	Step 3	Step 4
20 yd x 3	20 yd x 3	20 yd x 2	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	60 yd x 2
80 yd x 1	80 yd x 1	80 yd x 1	80 yd x 1
100 yd x 1	100 yd x 1	100 yd x 1	60 yd x 2
80 yd x 1	80 yd x 1	80 yd x 1	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	
20 yd x 3	20 yd x 3	20 yd x 2	
17 runs @ 780 yds	15 runs @ 660 yds	13 runs @ 620 yds	13 runs @ 560 yds

Stage 3. 90 - 100% INTENSITY (1.7 work to rest ratio).			
Objective: Achieve maximum effort. Work:rest ratio should replicate sport demands in step 3 and 4			
Step 1	Step 2	Step 3	Step 4
20 yd x 6	10 yd x 3	10 yd x 3	10 yd x 2
40 yd x 2	20 yd x 4	20 yd x 3	20 yd x 3
60 yd x 1	40 yd x 2	30 yd x 2	30 yd x 2
40 yd x 2	60 yd x 1	40 yd x 2	40 yd x 1
20 yd x 6	40 yd x 2	60 yd x 1	60 yd x 1
10 yd x 3	30 yd x 1	30 yd x 2	40 yd x 1
	20 yd x 4	20 yd x 3	30 yd x 2
	10 yd x 2	10 yd x 3	20 yd x 3
**Full subjective recovery	**Full subjective recovery		10 yd x 2
20 runs @ 490 yards	19 runs @ 460 yards	19 runs @ 440 yds	17 runs @ 420 yds