

# Advanced Sprint Training Phase 1 Early to Mid Winter

**Objectives and methodology:** to develop aerobic capacity via light fartlek or steady continuous runs and relaxed repetition running; to improve muscular endurance via circuit training; to progress limb speed and coordination via sprint drills; to increase range of mobility (ROM) via home-worked flexibility routine

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Week 1	Session
Monday	3x 10 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest] OR 20-25 min light fartlek on undulating terrain
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training: 3 x 8 exercises x 30 seconds work/30 seconds rest: [2.5 min rest between sets] (E.g. Press ups, Sit ups, Lunges, Step ups, Torso roller, Skydiver, Seated leg extension, Scissor squat thrust)  c) 10 easy min run on grass
Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 3x 70m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

Week 2	Session
Monday	3x 10 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest] OR 20-25 min light fartlek on undulating terrain
Tuesday	Mobility: Dynamic flexibility: Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training  c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM

Friday	
Saturday	a) Sprint Drills b) 2x 3x 70m
Sunday	

<b>Week 3</b>	Session
Monday	3x 10 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest] OR 20-25 min light fartlek on undulating terrain
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass b) Circuit Training c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills b) 2x 3x 80m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

<b>Week 4</b>	Session
Monday	3x 10 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest] OR 20-25 min light fartlek on undulating terrain
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass b) Circuit Training: [increase rest to 3 min but skip rope for 30 sec between sets] c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills

	b) 2x 3x 80m
Sunday	

<b>Week 5</b>	Session
Monday	a) Sprint Drills  b) 3x 250m, 150m: fast relaxed pace focussing on sound technique @ c 70-75% effort [walk back recovery; 6 min between sets]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training  c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 3x 90m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

<b>Week 6</b>	Session
Monday	a) Sprint Drills  b) 3x 250m, 150m:
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training  c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibilit: Work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 3x 90m
Sunday	

<b>Week 7</b>	Session
Monday	a) Sprint drills  b) 2x 180m, 2x 150m, 2x 120m fast relaxed pace @ 75% effort focussing on sound technique [walk back between reps; 6 min between sets]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training: 3x 9 – add one exercise (E.g. Burpees)  c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 70m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

<b>Week 8</b>	Session
Monday	a) Sprint drills  b) 2x 180m, 2x 150m, 2x 120m
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit Training  c) 10 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 70m
Sunday	

<b>Week 9</b>	Session
Monday	a) Sprint Drills

	b) 3x 250m, 150m: fast relaxed pace focussing on sound technique @ c 70-75% effort [walk back recovery; 6 min between sets]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit training: 3x 10: add one exercise (E.g. Squats)  c) 6-8 relaxed strides on grass x 60-75m OR 4-6 shallow grass hills x 60-80m [walk back]
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 80m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

<b>Week 10</b>	Session
Monday	a) Sprint Drills  b) 3x 250m, 150m
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit training  c) 6-8 relaxed strides on grass OR 4-6 shallow grass hills
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 80m
Sunday	

<b>Week 11</b>	Session
Monday	a) Sprint drills  b) 2x 180m, 2x 150m, 2x 120m fast relaxed pace @ 75% effort focussing on sound technique [walk back between reps; 6 min between sets]

Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit training  c) 6-8 relaxed strides on grass OR 4-6 shallow grass hills
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 90m relaxed striding, focussing on sound sprinting technique @ >75% effort; [walk back recovery; 6 min]
Sunday	

<b>Week 12</b>	Session
Monday	a) Sprint drills  b) 2x 180m, 2x 150m, 2x 120m
Tuesday	Mobility: Dynamic flexibility: Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass  b) Circuit training:  c) 6-8 relaxed strides on grass OR 4-6 shallow grass hills
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint Drills  b) 2x 4x 90m
Sunday	

<b>Week 13</b>	Session
Monday	2x 12 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest] OR 15-20 min light fartlek on undulating terrain
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 5 min easy run on grass

	<p>b) Circuit Training</p> <p>c) 6-8 relaxed strides on grass x 60-75m OR 6-8 shallow hills x 60-80m</p>
Thursday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint Drills</p> <p>b) 2x 70m, 80m, 90m, 80m, 70m relaxed striding, focussing on sound technique @ &gt;75% effort; [walk back recovery; 6 min]</p>
Sunday	

Week 14	Session
Monday	<p>2x 12 min of 400m track laps: 100m each x stride, jog, stride, jog [3 min rest]</p> <p>OR 15-20 min light fartlek on undulating terrain</p>
Tuesday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 5 min easy run on grass</p> <p>b) Circuit Training</p> <p>c) 6-8 relaxed strides on grass x 60-75m OR 6-8 shallow hills x 60-80m</p>
Thursday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint Drills</p> <p>b) 2x 70m, 80m, 90m, 80m, 70m</p>
Sunday	

## Advanced Sprint Training Phase 2 Late Winter

**SPECIFIC CONDITIONING:** Objectives and methodology: to maintain aerobic capacity via steady runs on grass; to develop low-level anaerobic training by increasing intensity or duration of repetition runs; to develop muscular strength and endurance via circuit training inc. free weight exercises; to develop specific sprinting skills via cadence and acceleration drills; to increase range of mobility

(ROM) via home-worked flexibility routine.

<b>Week 15</b>	Session
Monday	a) Sprint drills b) 1x 5x 180m fast relaxed c 80-85% effort [slow walk back]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass b) Circuit training: 2x double sets x 8 exercises Intro free weight exercises (E.g. Dumbbell Upright Rowing, Dumbbell Lunges) c) 8 min steady run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills b) Sprint Drive technique rehearsal i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 6-8 block or crouch clearances on straight and bend iii) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]
Sunday	

<b>Week 16</b>	Session
Monday	a) Sprint drills b) 1x 5x 180m
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass b) Circuit training c) 6-8 relaxed strides on grass x 60-75m OR 4-6 shallow grass hills x 60-80m [walk back]
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills b) Sprint Stride technique rehearsal: 6-8 x cadence runs through 6x 6" hurdles placed 1m apart



	[full recovery] c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5m rolling start
Sunday	

<b>Week 17</b>	Session
Monday	a) Sprint drills b) 1x 5x 180m
Tuesday	Mobility: Dynamic flexibility: Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass b) Circuit training: c) 8 min steady run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills b) Sprint Drive technique rehearsal: i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 6-8 block or crouch clearances on straight and bend iii) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]
Sunday	

<b>Week 18</b>	Session
Monday	a) Sprint drills b) 3x 150m, 120m: Rep 1 of each set: Acceleration run: each 50m becoming faster (e.g. 75%, 80%, 85%) Rep 2 of each set: Rhythm run: 40m fast, 40m relax, 40m fast c 75- 80% [slow walk back; 6-8min]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass b) Circuit training c) 6-8 relaxed strides on grass x 60-75m

	OR 4-6 shallow grass hills x 60-80m [walk back]
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) Sprint Stride technique rehearsal 6-8 x cadence runs through 6x 6" hurdles placed 1m apart [full recovery] c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5m rolling start
Sunday	

<b>Week 19</b>	Session
Monday	a) Sprint drills  b) 3x 150m, 120m: Rep 1 of each set: Acceleration run: each 50m becoming faster (e.g. 75%, 80%, 85%) Rep 2 of each set: Rhythm run: 40m fast, 40m relax, 40m fast c 75- 80% [slow walk back; 6 min]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass  b) Circuit training:  c) 8 min steady run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) Sprint Drive technique rehearsal  i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 6-8 block or crouch clearances on straight and bend iii) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]
Sunday	

<b>Week 20</b>	Session
Monday	a) Sprint drills

	<p>b) 3x 150m, 120m:  Rep 1 of each set:  Acceleration run: each 50m becoming faster (e.g. 75%, 80%, 85%)  Rep 2 of each set:  Rhythm run: 40m fast, 40m relax, 40m fast c 75- 80%  [slow walk back; 6 min]</p>
Tuesday	<p>Mobility  Dynamic flexibility  Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 min easy run on grass    b) Circuit training    c) 6-8 relaxed strides on grass x 60-75m  OR 4-6 shallow grass hills x 60-80m [walk back]</p>
Thursday	<p>Mobility  Dynamic flexibility  Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills    b) Sprint Stride technique rehearsal:  6-8 x cadence runs through 6x 6" hurdles placed 1m apart  [full recovery]  c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5m  rolling start</p>
Sunday	

## Advanced Sprint Training Phase 3 Early Spring

### PRE-COMPETITION:

**Objectives and methodology:** to develop specific sprinting skills via cadence and acceleration drills; to maintain strength endurance levels with reduced volume in mini-circuit training sessions; to develop competitive ability through Timed Trials x 60m; to increase range of mobility (ROM) via home-worked flexibility routine.

Week 21	Session
Monday	<p>a) Sprint drills    b) 3x 2x 150m @  fast relaxed @ 80-85% effort  [slow walk back; 6-8 min]</p>
Tuesday	<p>Mobility  Dynamic flexibility  Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) Sprint drills</p>

	<p>b) mini circuit: 2x 6x 30/30 sec (E.g. Press up, sit up, skydiver, dumbbell lunges, step ups, dumbbell upright rowing) [2 min rest]</p> <p>c) 12 min easy run on grass</p>
Thursday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Drive technique rehearsal 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart</p> <p>c) 3x 60m Timed Trials from blocks [full recovery between ]</p>
Sunday	

<b>Week 22</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 6-8 x cadence runs through 6x 6" hurdles placed 1m apart</p> <p>c) 5x 30-40m sprint from 10m rolling start</p>
Tuesday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) Sprint drills</p> <p>b) mini circuit: 2x 6x 30/30 sec</p> <p>c) 12 min easy run on grass</p>
Thursday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Drive technique rehearsal: i) 6-8 accelerations through sticks placed on ground ii) 4-6 block or crouch clearances iii) 3-4x 20 -25m drive from 2 point start x 30-40m drive from 3 point start x 40-60m from blocks or crouch [full recovery]</p>
Sunday	

<b>Week 23</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 3x 2x 150m @ fast relaxed @ 80-85% effort [slow walk back; 6-8 min]</p>

Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) Sprint drills  b) mini circuit: 2x 6x 30/30 sec  c) 12 min easy run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) Sprint Drive technique rehearsal 6-8 accelerations through sticks placed on ground –  c) 3x 60m Timed Trials from blocks [full recovery between ]
Sunday	

## Advanced Sprint Training Phase 4 Mid - Late Spring

### GENERAL AND SPECIFIC CONDITIONING

**Objectives and methodology:** This phase represents a return to the aerobic base of earlier General Conditioning (see EARLY-MID WINTER) and further development of the work introduced in the initial Specific Conditioning phase (see LATE WINTER), with the additional introduction of low-intensity plyometric exercises and resistance work to develop elastic strength and special strength levels.

Week 24	Session
Monday	a) Sprint Drills  b) 3x 250m, 150m: fast relaxed pace focussing on sound technique @ c 75-80% effort [walk back recovery; 6 min between sets]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 minute easy run on grass  b) circuit training: 4x 8 exercises: 30/30 sec work/rest Inc. med ball work,

	(E.g. lunge with med ball x 3-4 kg, side-twists x 2-3 kg)  c) 6 min steady run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) 2x 4x 90m fast relaxed @ 80-85% effort, focussing on sound sprinting technique[slow walk back; 6 min]
Sunday	

<b>Week 25</b>	Session
Monday	a) Sprint Drills  b) 3x 250m, 150m: fast relaxed pace focussing on sound technique @ c 75-80% effort [walk back recovery; 6 min between sets]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass  b) circuit training: 4x 8 exercises: 30/30 sec; work/rest Inc. low-medium intensity plyometrics work (E.g. Low bench rebounds, lateral bunny hops, bunny hop into bench /step back down, bench astride jumps)  c) 6-8 relaxed strides on grass x 60-75m
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) Sprint Stride technique rehearsal: 6-8 x cadence runs through 6x 6" hurdles placed 1m apart [full recovery]  c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5-10m rolling start [2 min; 6 min]
Sunday	

<b>Week 26</b>	Session
Monday	a) Sprint drills  b) 5x 180m Fast relaxed @ c 85% effort [walk rest of lap]

Tuesday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) circuit training 4x 8 exercises: 30/30 sec work/rest Inc. med ball work, (E.g. lunge with med ball x 3-4 kg side-twists x 2-3 kg</p> <p>c) 6 min steady run on grass</p>
Thursday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Drive technique rehearsal: i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 3-4 harness runs x 10-15m</p>
Sunday	

<b>Week 27</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 5x 180m Fast relaxed @ c 85% effort [walk rest of lap]</p>
Tuesday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 min easy run on grass</p> <p>b) circuit training 4x 8 exercises: 30/30 sec; work/rest Inc. low-medium intensity plyometrics work (E.g. Low bench rebounds, lateral bunny hops, bunny hop into bench /step back down, bench astride jumps)</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) sprint drills</p> <p>b) 2x 4x 90m fast relaxed @ 80-85% effort, focussing on sound sprinting technique</p> <p>[slow walk back; 6 min]</p>

Sunday	
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<b>Week 28</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 2x 180m, 2x 150m, 2x 120m fast relaxed effort</p> <p>[walk back; 6-8 min]</p>
Tuesday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) circuit training</p> <p>4x 8 exercises: 30/30 sec work/rest inc. med ball work, (E.g. lunge with med ball x 3-4 kg side-twists x 2-3 kg</p> <p>c) 6 min steady run on grass</p>
Thursday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Stride technique rehearsal: 6-8 x cadence runs through 6x 6" hurdles placed 1m apart [full recovery]</p> <p>c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5-10m rolling start [2 min; 6 min]</p>
Sunday	

<b>Week 29</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 2x 180m, 2x 150m, 2x 120m fast relaxed effort</p> <p>[walk back; 6-8 min]</p>
Tuesday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 min easy run on grass</p> <p>b) circuit training</p> <p>4x 8 exercises: 30/30 sec, work/rest inc. low-medium intensity plyometrics work (E.g. Low bench rebounds, lateral bunny hops, bunny hop into bench /step back down, bench astride jumps)</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>



Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) Sprint Drive technique rehearsal: i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 3-4 harness runs x 10-15m
Sunday	

<b>Week 30</b>	Session
Monday	a) Sprint drills  b) 5x 150m fast relaxed @ > 85% effort [walk rest of lap]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 minute easy run on grass  b) circuit training 4x 8 exercises: 30/30 sec; work/rest inc. med ball work, (E.g. lunge with med ball x 3-4 kg side-twists x 2-3 kg)  c) 6 min steady run on grass
Thursday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	a) Sprint drills  b) 2x 4x 90m fast relaxed @ 80-85% effort, focussing on sound sprinting technique[slow walk back; 6 min]
Sunday	

<b>Week 31</b>	Session
Monday	a) Sprint drills  b) 5x 150m fast relaxed @ > 85% effort [walk rest of lap]
Tuesday	Mobility Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass  b) circuit training 4x 8 exercises: 30/30 sec; work/rest inc. low-medium intensity plyometrics work (E.g. Low bench rebounds, lateral bunny hops, bunny hop into bench /step back down,

	<p>bench astride jumps)</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Stride technique rehearsal: 6-8 x cadence runs through 6x 6" hurdles placed 1m apart [full recovery]</p> <p>c) 2x 30m, 40m, 50m, 40m, 50m, 60m to full speed from 5-10m rolling start [2 min; 6 min]</p>
Sunday	

Week 32	Session
Monday	<p>a) Sprint drills</p> <p>b) 3x 150m, 120m: Rep 1 of each set: Acceleration run: each 50m becoming faster (e.g. 75%, 80%, 85%) Rep 2 of each set: Rhythm run: 40m fast, 40m relax, 40m fast c 75- 80% [slow walk back; 6-8min]</p>
Tuesday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) circuit training 4x 8 exercises: 30/30 sec work/rest Inc. med ball work, (E.g. lunge with med ball x 3-4 kg side-twists x 2-3 kg)</p> <p>c) 6 min steady run on grass</p>
Thursday	<p>Mobility</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) Sprint Drive technique rehearsal i) 6-8 accelerations through sticks placed on ground – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart ii) 3-4 harness runs x 10-15m</p>
Sunday	

Week 33	Session
Monday	<p>a) Sprint drills</p> <p>b) 3x 150m, 120m: Rep 1 of each set: Acceleration run: each 50m becoming faster (e.g. 75%, 80%, 85%) Rep 2 of each set: Rhythm run: 40m fast, 40m relax, 40m fast c 75- 80% [slow walk back; 6-8min]</p>
Tuesday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 min easy run on grass</p> <p>b) circuit training 4x 8 exercises: 30/30 sec; work/rest inc. low-medium intensity plyometrics work (E.g. Low bench rebounds, lateral bunny hops, bunny hop into bench /step back down, bench astride jumps)</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Mobility Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) 2x 4x 90m fast relaxed @ 80-85% effort, focussing on sound sprinting technique</p> <p>[slow walk back; 6 min]</p>
Sunday	

## Advanced Sprint Training Phase 5 Early - Mid Summer

### COMPETITION/ COMPETITIVE ABILITY

**Objectives and methodology:** to develop competitive ability through occasional competition or regular Timed trials (60m-200m); to develop specific sprinting skills through Sprint Stride and Sprint Drive drills, plus Acceleration and Rhythm runs; to maintain aerobic capacity through relaxed recovery runs and strides on grass; to develop basic speed through short repetitions from rolling start; to increase range of mobility (ROM) via home-worked flexibility routine.

Week 34	Session
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Monday	<p>Sprint Stride technique rehearsal:</p> <p>a) 6-8 x cadence runs through 6x 6" hurdles</p> <p>b) 2x 20m, 50m, 30m, 40m,50m to full speed from 10m rolling start</p> <p>[2 min between reps; full between sets]</p>
Tuesday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>Sprint Drive technique rehearsal:</p> <p>a) 4-6 accelerations through sprint-drive sticks –50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart</p> <p>b) 6-8 block or crouch clearances on straight and bend</p> <p>c) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) 3x 2x 90m: Rep 1 of each set: Acceleration run, each 30m becoming faster (E.g. 80%, 85%, 90%) Rep 2 of each set: Rhythm runs: 30m fast, 30m relax, 30m fast [slow walk back; 6 min]</p>
Sunday	

<b>Week 35</b>	<b>Session</b>
Monday	<p>Sprint Stride technique rehearsal:</p> <p>a) 6-8 x cadence runs through 6x 6" hurdles</p> <p>b) 2x 20m, 50m, 30m, 40m,50m to full speed from 10m rolling start</p>
Tuesday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>Sprint Drive technique rehearsal:</p> <p>a) 4-6 accelerations through sprint-drive sticks</p> <p>b) 6-8 block or crouch clearances on straight and bend</p> <p>c) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>

Friday	
Saturday	<p>a) Sprint drills</p> <p>b) 3x 2x 90m: Rep 1 of each set: Acceleration run, each 30m becoming faster (E.g. 80%, 85%, 90%) Rep 2 of each set: Rhythm runs: 30m fast, 30m relax, 30m fast [slow walk back; 6 min]</p>
Sunday	

Week 36	Session
Monday	<p>a) Sprint drills</p> <p>b) 2x 120m, 90m, 75m fast relaxed @ 85% effort [walk back; 6 min]</p>
Tuesday	<p>Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) Mini circuit 2x 6 x 30/30 sec Inc med ball work</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>Sprint drills: 3x 100m Timed Trials from blocks or Minor Competition</p>
Sunday	

Week 37	Session
Monday	<p>a) Sprint drills</p> <p>b) 2x 120m, 90m, 75m fast relaxed @ 85% effort [walk back; 6 min]</p>
Tuesday	<p>Home-worked mobility routine Dynamic flexibility: Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) Mini circuit Inc low-medium intensity plyometric work</p> <p>c) 6-8 relaxed bend runs, c 60-80m</p> <p>[full recovery]</p>

Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	Sprint drills:  1x 50m, 60m, 70m, 80m, 90m drive and relax from 5m rolling start
Sunday	

<b>Week 38</b>	Session
Monday	Sprint Drive technique rehearsal: a) 4-6 accelerations through sprint-drive sticks – 50cm, 65cm, 80cm, 95cm, 110cm, 125cm apart  b) 6-8 block or crouch clearances on straight and bend  c) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	a) 4 min easy run on grass  b) Sprint drills:  c) 6-8 relaxed strides on grass x 60-75m
Thursday	Home-worked mobility routine Dynamic flexibility: Active static flexibility work beyond present ROM
Friday	
Saturday	Sprint drills:  1x 50m, 60m, 70m, 80m, 90m drive and relax from 5m rolling start
Sunday	

<b>Week 39</b>	Session
Monday	Sprint Stride technique rehearsal: a) 6-8 x cadence runs through 6x 6" hurdles b) 2x 20m, 50m, 30m, 40m, 50m to full speed from 10m rolling start [2 min; full]
Tuesday	Home-worked mobility routine Dynamic flexibility: Active static flexibility work beyond present ROM
Wednesday	a) 4 minute easy run on grass  b) Mini circuit: 2x 6x 30/30 sec

	<p>Inc med ball work</p> <p>c) 6-8 relaxed bend runs, c 60-80m [full recovery]</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills:</p> <p>b) 3x 2x 120m: Rep 1 of each set: Acceleration run, each 40m becoming faster (E.g. 80%, 85%, 90%) Rep 2 of each set: Rhythm runs: 40m fast, 40m relax, 40m fast [slow walk back; 6 min]</p>
Sunday	

<b>Week 40</b>	<b>Session</b>
Monday	<p>Sprint Drive technique rehearsal:</p> <p>a) 4-6 accelerations through sprint-drive sticks</p> <p>b) 6-8 block or crouch clearances on straight and bend</p> <p>c) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]</p>
Tuesday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) Mini circuit Inc low-medium intensity plyometric work</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills</p> <p>b) 3x 2x 120m: Rep 1 of each set: Acceleration run, each 40m becoming faster (E.g. 80%, 85%, 90%) Rep 2 of each set: Rhythm runs: 40m fast, 40m relax, 40m fast [slow walk back; 6 min]</p>

Sunday	
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<b>Week 41</b>	Session
Monday	<p>Sprint Stride technique rehearsal:</p> <p>a) 6-8 x cadence runs through 6x 6" hurdles</p> <p>b) 2x 20m, 50m, 30m, 40m, 50m to full speed from 10m rolling start [2 min; full]</p>
Tuesday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 min easy run on grass</p> <p>b) Sprint drills:</p> <p>c) 6-8 relaxed bend runs, c 60-80m [full recovery]</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>Sprint drills:</p> <p>2x 200m Timed Trials from blocks Or Minor Competition</p>
Sunday	

<b>Week 42</b>	Session
Monday	<p>a) sprint drills</p> <p>b) 2x 120m, 90m, 75m fast relaxed @ 85% effort [walk back; 6 min]</p>
Tuesday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility:</p> <p>Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) Mini circuit: 2x 6x 30/30 sec Inc med ball work</p> <p>c) 6-8 relaxed strides on grass x 60-75m</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills:</p> <p>b) 1x 50m, 60m, 70m, 80m, 90m from 5m rolling start</p>
Sunday	



<b>Week 43</b>	Session
Monday	<p>a) Sprint drills</p> <p>b) 2x 120m, 90m, 75m fast relaxed @ 85% effort [walk back; 6 min]</p>
Tuesday	<p>Home-worked mobility routine Dynamic flexibility: Active static flexibility work beyond present ROM</p>
Wednesday	<p>a) 4 minute easy run on grass</p> <p>b) Mini circuit Inc low-medium intensity plyometric work</p> <p>c) 6-8 relaxed bend runs, c 60-80m [full recovery]</p>
Thursday	<p>Home-worked mobility routine Dynamic flexibility: Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>a) Sprint drills:</p> <p>b) 1x 50m, 60m, 70m, 80m, 90m from 5m rolling start</p>
Sunday	

<b>Week 44</b>	Session
Monday	<p>Sprint Stride technique rehearsal</p> <p>a) 6-8 x cadence runs through 6x 6" hurdles</p> <p>b) 2x 20m, 50m, 30m, 40m, 50m to full speed from 10m rolling start [2 min; full]</p>
Tuesday	<p>Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM</p>
Wednesday	<p>Sprint Drive technique rehearsal:</p> <p>a) 4-6 accelerations through sprint-drive sticks</p> <p>b) 6-8 block or crouch clearances on straight and bend</p> <p>c) 3-4x 20m drive from 2 point start x 30m drive from 3 point start x 40m from blocks or crouch [full recovery]</p>
Thursday	<p>Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>Sprint drills: 3x 60m Timed Trials from blocks</p>

	[full recovery]
Sunday	

Week 45	Session
Monday	8-10 min relaxed recovery run on grass, 70% effort
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	8-10 relaxed strides on grass x 60-80m
Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	8-10 min relaxed recovery run on grass, 70% effort
Sunday	

## Advanced Sprint Training Phase 6 Mid to Late Summer

### REGENERATION/ LATE COMPETITION

**Objectives and methodology:** This phase represents an extension of the previous phase with reduced volume, increased but controlled effort in all runs and varied distance timed trials as a reliable indication of increasing velocity and speed endurance status, with easy recovery runs on grass to regenerate a sound aerobic base in a relaxed training environment.

Week 46	Session
Monday	8- 12 min easy run on grass
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	6- 10 min easy run on grass
Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	Sprint drills:  1x 100m, 200m, 60m Timed Trials rom blocks [full recovery between]  Repeat one of above TT, distance to be chosen by athlete
Sunday	

<b>Week 47</b>	Session
Monday	Sprint drills:  1x 120m, 2x 90m, 3x 75m: fast relaxed [slow walk back; 6-8 min between sets]
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	Sprint stride technique rehearsal:  a) 4-6 x cadence runs through 6x 6" hurdles placed 1m apart  b) 1x 30m, 40m, 50m, 40m, 50m to full speed from 10m rolling start  [2 min]
Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	Rest
Sunday	

<b>Week 48</b>	Session
Monday	8- 12 min easy run on grass
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	6- 10 min easy run on grass
Thursday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Friday	
Saturday	Rest
Sunday	

<b>Week 49</b>	Session
Monday	Sprint drills:  1x 120m, 2x 90m, 3x 75m: fast relaxed [slow walk back; 6-8 min between sets]
Tuesday	Home-worked mobility routine Dynamic flexibility Active static flexibility work beyond present ROM
Wednesday	Sprint stride technique rehearsal: a)4-6 x cadence runs through 6x 6" hurdles placed 1m apart

	<p>b) 1x 30m, 40m, 50m, 40m, 50m to full speed from 10m rolling start</p> <p>[2 min]</p>
Thursday	<p>Home-worked mobility routine</p> <p>Dynamic flexibility</p> <p>Active static flexibility work beyond present ROM</p>
Friday	
Saturday	<p>Sprint drills:</p> <p>1x 100m, 200m, 60m Timed Trials from blocks</p> <p>[full recovery between]</p> <p>Repeat one of above TT, distance to be chosen by athlete</p>
Sunday	

**Weeks 50 – 52: TRANSITION** The final three weeks of the training year should be regarded as a period of rest, recovery and regeneration in which the athlete is encouraged to “recharge batteries” between one training year and the next. Light, occasional training at much lower volume and intensity, or relaxed participation in different activities (e.g. swimming, tennis, basketball) will allow the athlete to enjoy an active break from the customary sprint training practised throughout the previous twelve months.