
Speed/Sprint Workouts

Always do a full warm-up before starting any workout – you should be very loose and warm

Workout #1

- 2x 120m @70%
- 2x 80m @75%
- 3-4 laps of 50m walk/ 50m jog (@50%)/ 50m stride (@80%)
- Strength Circuit of Lunge walks and squats (10 each, repeat 3x) and 6-8 core exercises (20sec each)

Workout #2 - Accelerations

- Accelerations are short for a reason. You need to accelerate hard for 20 m and then hold that speed for another 20m.
- 4x 40m accelerations with enough rest in between that you are not winded
- 2x 80m @ 85%
- 2x 120m @80%
- 1x 200m @75%

Strength:

- 2x 10 ½ squats/ 2x 10 lunges
- Core 25-30 sec each: up/up/down/down, superheroes, sky-center-side-center, side planks with 2 leg lifts, around the world plank (lift each arm and then leg as you go around your body)