

Sprint Workouts

Sprint #1 – Weeks 1-4

Dynamic Warm-up for SAQC

Plyos

Falling Start – 10yd sprint + Stride 10yd x2

Push-up Start – 10yd sprint + Stride 10 yd x2

Gears x3(weeks 1&2) x4(weeks 3&4) :60 recovery after each rep

Half speed 10yd

$\frac{3}{4}$ speed 20yd

Full Speed 20yd

Decelerate 10yd

Hollows x3(weeks 1&2) x4(weeks 3&4)

Full speed 20yd

Half speed 10yd

Full Speed 20yd

Decelerate 10yd

Sprint #2 – Weeks 5-7

Dynamic Warm-up for SAQC

Plyos

Push-up Start – 10yd sprint + stride 10yd x4

Kneeling Lateral Start (inside leg down) – 20yd Sprint x3ea w/:60 recovery after each rep

Back Start (flip over and get out) – 30yd sprint x2ea way w/:60 recovery after each rep

Balanced Start/Athletic Position – 30yd sprint x2 w/:60 recovery after each rep

Weeks 8-9

Dynamic Warm-up for SAQC

Plyos

Half Gassers (sideline to sideline)

Reps	Run Time	Rest Time
12	:17	:45

Static Flexibility

Week 10

Dynamic Warm-up for SAQC

Plyos

Half Gassers (sideline to sideline)

Reps	Run Time	Rest Time
14	:17	:45

Static Flexibility

Week 11

Dynamic Warm-up for SAQC

Plyos

Half Gassers (sideline to sideline)

Reps	Run Time	Rest Time
16	:17	:45

Static Flexibility