



www.jfitnessolutions.co.uk

Sprint session 1

WARM - UP		Exercise	Reps/Time	Sets
5 minutes	A1	4 point hump and dump	10	3
	A2	lunges	10	3
	A3	bw squat	10	3
	A4	broad jumps	5	3
	A5	100m jog	1	3
Session	B1	30m sprints	10	100% efforts each sprint, aim for no rest between sets
	B2	walking lunge back to start		
	60-120s rest			
	C1	60m sprints	12	100% efforts each rep, aim for no rest between sets
	C2	press-ups	10 after each sprint	
	60s rest			
	D1	straight arm plank hold	1min	3
	D2	leg raises with hip raise	15	
	D3	crunch	15	
cool down	E1	100m gentle jog		
	E2	stretch calves,hamstrings,glutes, quads	2/30 secs	each muscle

this will be hard, you should be putting in MAX effort for every sprint.it will be a challenge to finish each set without rest, but push yourself and GET IT DONE!