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Sprint session 1

WARM - UP		Exercise	Reps/Time	Sets
5 minutes	A1	laps of track/pitch		2 steady pace,
	A2	4 point hump and dump		20
	A3	shuttles	10m,30m,60m	2 steady pace, increase speed throughtout
	A4	broad jumps		2
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	10	100% efforts each rep, aim for no rest between sets
	C2	press-ups	10 after each sprint	
	60-120s rest			
	D1	100m sprint	2	
	E1	10m sprint	10	max leg drive off start line
	E2	backpedal to start		
cool down	F1	100m gentle jog		
	F2	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!
the rest periods is inbetween each block of sprints ONLY. I.e once you have completed 10x30m sprints then you have 60 - 120s rest before the 60m sprints