



**FITNESS  
SOLUTIONS**

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**Sprint session 3**

<b>WARM - UP</b>	<b>Exercise</b>	<b>Reps/Time</b>	<b>Sets</b>
<b>5 minutes</b>	A1	laps of track/pitch	2
	A2	4 point hump and dump	20
	A3	shuttles	10m,30m,60m
	A4	broad jumps	10
			2
			2
			steady pace, increase speed throughout
<b>Session</b>	B1	30m sprints	4
			max effort
	C1	60m sprints	2
			max effort
	D1	100m sprints	10
			100% efforts each sprint
			set a stopwatch, sprint 100m then rest until the clock hits the next minute, then sprint again and repeat. So if it takes you 15secs to sprint 100m, you will get 45sec rest before the next sprint.
			BE STRICT WITH TIMINGS! SPRINT AS SOON AS THE CLOCK HITS EACH MINUTE!
<b>cool down</b>	F1	100m gentle jog	
	F2	stretch calves,hamstrings,glutes, quads	2/30 secs each muscle

Quite a short session but the 10x100s are really challenging provided you put in maximum effort to each rep! ensure that you feel like you have warmed up sufficiently as this will be hard on the legs especially.