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Sprint session 4

WARM - UP	Exercise	Reps/Time	Sets
5 minutes	A1	laps of track/pitch	2
	A2	4 point hump and dump	20
	A3	shuttles	10m,30m,60m
	A4	broad jumps	10
Session	B1	100m sprints	10
		60-120s rest	
	C1	200m sprints	5
		60-12s rest	
	D1	400m sprints	2
cool down	F1	gentle lap of pitch/track	2
	F2	stretch calves,quads,glutes,hamstrings	3x30s each muscle group

This session is v.hard, I wouldn't recommend this if you are just starting out. Get some shorter sessions under your belt first so the legs are conditioned for sprints.

ensure that you feel like you have warmed up sufficiently as this will be v. hard on the legs especially.

This is quite a long session, so allow enough time.