

Sprint Training Protocol

Designed for moderately conditioned athletes, this four-week program can be used to improve speed, endurance, power and neuromuscular development.

| SPRINT TRAINING | | | | |
|-------------------------|---|--|--|--|
| Tool | S-Drive Performance Trainer | | | |
| Program Specific | Adjust the level of resistance based on the area of focus — for example, use low-level resistance to focus on speed and speed endurance training, and use high-level resistance to emphasis power training. | | | |
| Rest In Set | Defined per set | | | |
| Cool Down | Finish with good stretching (back, hamstrings, glutes, quads) | | | |

| WEEK ONE | | | | |
|---------------------------|----------------|------------|--------|-----------|
| SPEED ENDURANCE AND SPEED | | | | |
| DAY | SET / TIME | RESISTANCE | EFFORT | RECOVERY |
| MONDAY | 4 x 35 seconds | Level 1-2 | 75-80% | 5 minutes |
| TUESDAY | 5 x 22 seconds | Level 1 | 75-80% | 2 minutes |

| WEEK TWO | | | | |
|---------------------------|------------------|------------|--------|------------|
| SPEED ENDURANCE AND SPEED | | | | |
| DAY | SET / TIME | RESISTANCE | EFFORT | RECOVERY |
| MONDAY | 1 x 35 seconds | Level 1-2 | 75-80% | 5 minutes |
| | 1 x 30 seconds | Level 1-2 | 75-80% | 4 minutes |
| | 1 x 25 seconds | Level 1-2 | 75-80% | 3 minutes |
| | 1 x 20 seconds | Level 1-2 | 75-80% | Cool down |
| TUESDAY | 6-8 x 15 seconds | Level 1 | 70-75% | 90 seconds |

| WEEK THREE | | | | |
|----------------------------------|------------------|------------|---------------|------------|
| SPEED ENDURANCE, SPEED AND POWER | | | | |
| DAY | SET / TIME | RESISTANCE | EFFORT | RECOVERY |
| MONDAY | 4 x 40 seconds | Level 1-2 | 75-80% | 5 minutes |
| TUESDAY | 4-5 x 10 seconds | Level 1-2 | 90%+ | 20 seconds |
| | 4 x 15 seconds | Level 4-5 | 90%+ Sled Run | 1 minute |

| WEEK FOUR | | | | |
|----------------------------------|------------------|------------|-----------|------------|
| SPEED ENDURANCE, SPEED AND POWER | | | | |
| DAY | SET / TIME | RESISTANCE | EFFORT | RECOVERY |
| MONDAY | 1 x 12 seconds | Level 1-2 | 80% | 2 minutes |
| | 1 x 24 seconds | Level 1-2 | 75% | 3 minutes |
| | 1 x 36 seconds | Level 1-2 | 75% | 4 minutes |
| | 1 x 48 seconds | Level 1-2 | 75% | Cool down |
| TUESDAY | 4-5 x 10 seconds | Level 1-2 | 90%+ | 20 seconds |
| | 4 x 15 seconds | Level 5+ | Sled Walk | 2 minutes |