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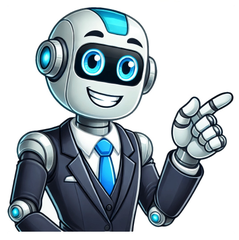

The 100m is a race of power and explosiveness. Learning how to sprint effectively is no easy feat. The greatest sprinters can cover the distance in under 10 seconds. It is incredibly difficult to achieve the times of the world's elite athletes. Being naturally quick is not enough to succeed. Dedicated training and specific practice are needed. But don't threat, this guide will take you through how to run the 100m and will lead you to achieve better times in the event. Unlock your sprinting potential with expert tips, training strategies, and performance insights delivered weekly. The goal during your warm-up is to facilitate faster muscle contractions and help prepare you for your training. You need to make sure you get lots of blood flowing so that oxygen is transported to the active muscles contracting during movement. 5 minutes of cardio – Start your warm-up with 5 minutes of light cardio. Our sprinters usually opt for jogging around the track but cardio machines (treadmill, rowing machine, etc.) are fine too. Dynamic stretching and mobility drills – Avoid static stretching when the muscles are cold. Focus on dynamic movements and active stretching. These types of stretches and drills will help you reach your warm-up goal. Technique drills – When performed correctly, technique drills can provide a direct transfer to your acceleration and maximum velocity sprinting. Accelerations – Perform 3-4 accelerations, driving from the start line for 20/30/40/50m. You should increase the intensity with each acceleration. The bulk of our sprint training is made up of intervals. The 100m is one of the shortest sprints so you'll want to make sure the distance of your runs is not too long. To give you an idea, we rarely perform runs over 400m once pre-season has ended. The intensity and volume of your training can vary. You want the workload of your training to match the intensity of the event. This usually means performing sprints at a high-intensity level (at least 90%) accompanied by full or close to full recovery in between sets. If our athletes are running at 90% or more, they will have a full or close to full recovery. But there are other training variables to consider. For example, if the volume of training his high, then the intensity of each individual run will be below 90% with shorter rest periods. Strength sessions are an important aspect of training used to maximise your sprinting potential. Strength training doesn't solely involve lifting weights in the gym. We usually have 2 strength training sessions a week consisting of 1 explosive strength training session and 1 reactive strength training session. First, let's go through what you need to do to prepare for race day. Getting this right could make all the difference at the finish line. Get an appropriate amount of sleep the night before Eat a good breakfast before the race (eating lunch/snack may be appropriate depending on the time of your race/races) Stay hydrated I suggest that you begin warm-up 45 minutes – 1 hour before the scheduled start time of your race. There is often a lot of waiting around on event days, so this will make sure that you're prepared physically and mentally in time. It also gives you a chance to use the bathroom, make any last-minute preparations and get to the athlete waiting area. Your actual warm-up should be the same as the warm-up you perform during training, minus the technique drills. When you are setting up your starting blocks you want to make sure your setup is the same every single time. You don't want to vary or guess your block positions. Consistency is the key. Use 2 feet lengths from the start line for the front pedal. Use 3 feet lengths from the start line for the back pedal. Place the angle of the blocks at around 45 degrees. Note: This is a guideline. Feel free to practice varying block positions in training and stick with what feels best for you. If you have no clue where to place your feet you can read our starting blocks guide to see how to determine which foot goes in the front pedal. Test both positions. See what's most comfortable and what allows for the greatest acceleration out of the blocks. Once the blocks are in place, I like my athletes to go through the same routine. They do a couple of accelerations from the blocks (2-3) and increase the distance of each acceleration from around 10-30m. Each individual athlete has their own routine that helps get them to relax and get in the zone. This can be some sort of pre-race ritual, positive mental imagery, etc. Don't worry about this too much when starting out. It will develop over race experience. The important thing is to try and settle the nerves and keep relaxed. We're able to split the race into 3 different phases. Get these right and you'll start to lower those numbers on the clock. Block starts can be a bit tricky to perform, especially if you're inexperienced. That's why practice during training is so important. To get into the blocks, start out in front on all fours and coil yourself back into them like a spring waiting to pop. Don't place your entire foot on the pedals. You want the tip of the forefoot to be in contact with the ground as demonstrated in the picture below. Place your hands just outside of shoulders width and make sure they are behind the line. Your fingers and thumb should form an arch which will allow for stability when you come up into the set position. When the official says set, raise your hips and extend slightly at the knees. Come up into a position where your hips are higher than your shoulders. Keep a straight line through the hips, spine, and head so that everything remains in a neutral position. Don't lean forward so that you are over the line. This will take the weight off your feet and transfers it to your hands. You want the tension in your feet so that you can push hard off the pedals and explode from the blocks. This phase involves blasting out of the blocks by pushing off the rear and front pedals hard with both feet. Here you want to pull your rear leg through quickly whilst the body leans forward. Extend the leg in the front pedal at the knee and hip upon completion of the movement to bring the body into a 45-degree angle from the ground. You should be able to make a straight line from the foot that was in the front pedal, through the body, and to the head as shown in the image below. Your COM (center of mass) should be in front of your foot during the first few steps while you drive low. Be aggressive out of the blocks and push your feet explosively into the ground with every stride. At the same time, you will drive your arms back and forwards in opposite directions. Try not to overstretch during your first stride out from the blocks. This will only cause you to decelerate faster. It also puts unnecessary pressure on the hamstrings which could cause an injury. Note: This often occurs due to poor positioning in the blocks or the athlete trying to stand upright too quickly. During your acceleration, you will begin to build momentum and increase your velocity. Try and increase the length of your stride with every step. The next task is to make an efficient transition to an upright horizontal sprinting position over the first 30-50m. This should be a gradual process that allows you to come up naturally from the force created by your strides. Abstain from standing upright too quickly. This will cause you to lose momentum faster and decelerate. The gliding phase begins once the torso is upright. Here you will use your leg muscle strength and sprinting form to maintain a wide but comfortable stride length. Try and stay relaxed. This means no hunching of the shoulders or clenching of the jaw. High levels of tension in the body will only slow you down sooner. Once you reach your top speed you will only be able to maintain it for a minimal amount of time. This is why getting the acceleration right can make or break your race Deceleration is unavoidable but good sprinting technique can help maintain your maximum velocity. Day 1: 4 x 6 x 60m back-to-backs with 5 min recovery. Day 2: Strength training session. Day 3: 3 x 110m/90m/70m/50m with 7 minutes recovery. Day 1: 3 x 5 80m harness runs with 6 min recovery. Day 2: Strength training session. Day 3: 3 x 60m/80m/100m/120m with a walk back with 6/8 min recovery. Day 1: 4 x 40m/ 3 x 60m/ 2 x 80m/ 1 x 100m with 5/7/9 min recovery. First set from blocks. Day 2: Strength training session. Day 3: 40m/70m/100m/70m/40m x 2 with 6 min recovery. Are you a sprinter struggling to boost your speed despite regular training? Many athletes find it challenging to improve their sprint times, feeling stuck even with consistent workouts.Frustration can set in when your efforts don't lead to the faster runs you aim for.A Sprinters Exercise Program does more than just focus on running fast. It combines proper sprinting techniques, strength training, and plyometric drills to enhance your velocity and power.This guide will walk you through an effective sprint training workout designed to help you run 100m faster. Get ready to accelerate your performance!Four Training Phases: The program includes Training to Train, Event-Specific Preparation, Speed Phase, and Pre-Competition. Each phase focuses on different skills to improve sprinting speed.Workout Schedule: Training starts with 4 workout days and 2 recovery days per week. It increases to 5 workout days as you progress, ensuring proper rest and adaptation.Strength and Plyometrics: Exercises like jump squats can boost explosive power by 14% in 8 weeks. Plyometric drills improve leg strength and sprint efficiency.Nutrition and Hydration: Eating balanced meals and staying hydrated are crucial. They support high-intensity training and help muscles recover and grow.Injury Prevention: Structured training builds muscle strength and joint stability, reducing the risk of injuries. Consistent workouts keep your body strong and resilient.A sprint training program has different phases to help you get faster. Each phase works on specific skills to boost your sprinting performance.Training to Train lays the groundwork for sprinters. This phase builds fitness and teaches foundational drills. Sprinters follow a training routine of four workout days and two recovery days each week.Gradually increasing training volume helps improve speed and endurance. Basic strength exercises, like squats, enhance muscle power. Focusing on proper technique ensures efficient sprint mechanics.Individualizing the training program meets each sprinter's unique needs.Sprinters work on general conditioning and sprint workouts during this phase. Plyometric drills boost explosive power and speed. Weight room exercises such as lifts and clean and jerks develop strength.This structured training program reduces the risk of injury. Consistent effort in Training to Train sets the stage for event-specific preparation.Event-specific preparation boosts your sprint training. During this phase, workouts increase by 40-50%. Follow a weekly schedule of 5 workout days, 1 active recovery day, and 1 rest day.Each training program for sprinters matches your level. Focus on speed work and sprinting techniques. Coaches track performance to improve your sprinting speed.Nutrition and hydration are vital for sprinters. Eat balanced meals to support high-intensity training. Drink enough water to stay hydrated during workouts. Recovery weeks help prevent injury.Proper nutrition repairs muscles and builds strength. Staying hydrated keeps your energy up and improves running economy.Sprinters in the speed phase focus on pure speed and technique. They use resisted and assisted sprints to build power and improve ground contact time. The weekly schedule includes five workout days, one active recovery day, and one rest day.Training emphasizes specificity by targeting sprint-specific endurance and refining technique. Power, technique, and sprint-specific endurance are key determinants in this phase. Each training session is customized to individual athlete needs, ensuring optimal improvement in speed.Focus on speed and technique to reach your sprinting goals.In the Pre-Competition/Competition Phase, workouts focus on fine-tuning race performance. Athletes train five days a week with two rest days to maximize power and technique. Sessions emphasize sprint-specific endurance and improving maximal velocity.Personal trainers tailor exercises to each sprinter's needs, ensuring each workout serves a specific purpose. Recovery times are built into the schedule to keep muscles strong and reduce injury risk.This phase helps sprinters reach top speed and perform their best during races.Plyometric drills boost your sprint training by enhancing explosive power. Box jumps are great for building lower body strength and improving leg explosiveness. Bounding and hurdle hops strengthen your glutes and hip flexors, making your sprints faster and more efficient.These exercises improve your tolerance and efficiency in sprinting by targeting key muscle groups. Maintaining proper form is essential to prevent knee and hamstring injuries. To progress, increase the number of repetitions or jump heights over time.After plyometric workouts, allow 48 to 72 hours for recovery to ensure your muscles repair and grow stronger. Incorporating these sprint and plyometric drills into your workout program can lead to significant improvements in your speed and overall performance.Next, explore general conditioning to further enhance your sprint capabilities.General conditioning builds overall fitness for sprinters. Tempo running improves work capacity and aids recovery. Resistance training like squats and bench press boosts sprint performance.Medicine ball exercises enhance core strength and coordination. Stretching and flexibility routines reduce injury risks. These workouts fill gaps in a sprinter's training plan. Staying physically fit prepares your body for high-intensity training and helps you sprint faster.After building your general fitness, weight room exercises are crucial for sprinters. Hinge lunges strengthen your feet and Achilles tendons. Power cleans develop explosive starts from the blocks.Front squats build strength in your trunk and quads. Single leg squats improve your glutes and hamstrings. Nordic curls focus on hamstring strength. Upper body exercises enhance stability and coordination.These weight training routines increase your speed and power while helping to prevent injuries.A structured sprint training program boosts your running speed and sharpens your technique. It also builds explosive power and strength, while reducing the risk of injuries.Sprint training boosts speed by focusing on acceleration and reaching top velocity. Plyometric drills improve step length and step rate, essential for faster sprints. Resistance exercises in the gym help maintain proper running mechanics.Training for sprinters includes specific workouts that target sprint-specific endurance. Monitoring kinematic variables like segment configuration ensures efficient technique. Progression and variation in workouts keep training effective and engaging.Individual programs cater to each athlete's unique needs, enhancing both speed and technique.Moving forward, improving explosive power and strength plays a crucial role in a sprinter's performance.Jump squat training boosts your explosive power and strength. In just 8 weeks, athletes saw a 14% increase in Fmax. They did jump squats three times a week, strengthening their legs and core.This training also improved their vertical jump and reduced their 50-meter sprint time. Strength gains kept growing through the eight weeks, showing lasting benefits. Incorporate plyometrics and heavy weight training to see similar results.These exercises help improve power and make you stronger for sprinting and other sports.Building explosive power and strength also helps reduce the risk of injury. Sprint training exposes muscles to high speeds regularly, which strengthens them and joints. Athletes who reach at least 95% of their peak sprint speed are less likely to get muscle injuries.A weekly training load of 4750 AU or more is linked to fewer injuries. Sprinters should aim for at least eight maximal velocity sprints each week. Gradually increasing the sprint training load allows the body to adapt safely.Consistent sprint workouts maintain performance and keep injuries at bay.A well-planned sprint training program boosts your speed and improves technique. Strength and power exercises make you faster and stronger. Workouts customized to you ensure better results and fit your needs.Consistent training also lowers the risk of injuries. Start your sprint training now and see the gains.Sprint training uses speed training techniques like explosive movements and high-intensity interval training. Exercises such as squats and lifting weights build strength and power in skeletal muscles. This anaerobic exercise helps sprinters reach their top-end speed and improves speed endurance.A sprinter's training program includes exercises like squats and lifting weights to build strength and power. Calisthenics and explosive movements improve speed. Interval training and high-intensity workouts boost anaerobic fitness. Stretching exercises increase range of motion. Pilates can help with flexibility and core strength.Sprinters prevent injuries by following injury prevention exercises and proper warm-ups. They focus on increasing range of motion and strengthening muscles. Specific training targets different muscles to avoid strain. Balancing strength and power helps keep the body strong and reduce the risk of injuries.Interval training involves short, high-intensity bursts of running followed by rest. High-intensity interval training helps sprinters improve speed endurance. This type of anaerobic exercise raises the lactate threshold, allowing sprinters to run faster for longer periods. Coaches and athletes use it to boost performance.Strength training is crucial for sprinters. Lifting weights builds skeletal muscle and increases strength and power. A strong strength program supports explosive movements, which are key for fast sprinting. This helps sprinters run faster and perform better in races, reaching higher levels.Sprinter training focuses on speed and power using anaerobic exercises like lifting weights and explosive movements. Long-distance running trains for endurance with aerobic exercises and increasing VO2 max. Sprinters do shorter, high-intensity workouts, often for events like the 200m, while marathon runners do longer, steady workouts. This focus on specific training in track and field helps achieve different athletic goals. LOTS OF GUYS think of running as a monotonous slog—nothing more than a means to an end to check the cardio box off their fitness checklist. These narrow-minded meatheads, however, are only thinking about one very specific type of running workout. If they'd expand their training horizons, they'd have a much better time trying to keep up with one of the most quick-hitting, challenging styles of running protocols: sprint training. If you've ever trained your way to a road race, you already know there's way more to running than just clocking dozens of miles at a steady state pace. That's a useful strategy to train to build your cardiovascular endurance, or as a means to ramp up your overall training volume. Speed, however, is another matter. Speed training (sometimes known as interval work) can help you to develop into a stronger runner. This is done by alternating short bouts of varying speeds with rest periods. This type of protocol is also a bit more engaging than just logging a handful of miles at the same pace for your training, too. Benefits of Sprint WorkoutsSprint training will allow you to build up your capacity to run faster, yes—and there are other benefits. You'll also build power and athleticism, and have more of an aesthetic impact than you might expect as you push yourself to max effort. You don't have to think of yourself as a runner to benefit from sprint training, either. Incorporating sprints into your fitness routine can improve cardiovascular health; small studies have shown that including sprint protocols in your training can improve heart health and cardiovascular function. Sprint workouts have also been seen to improve aerobic and anaerobic capacity. If you're someone who gets bored at even the thought of a long run, you'll also appreciate that a sprint session doesn't take several hours. An interval workout can be a time-effective way to incorporate cardio into your next gym session, or can work as a standalone workout when you only have a little bit of time on your schedule. "A good speed session is exactly the same thing as a hard lifting session, and brings the added benefit of being a great cardio workout," says Steve Finley head coach of Brooklyn Track Club in New York City. "Small segments of interval work can make a major difference if you add them into your training, whether you're an avid runner or someone who would rather be lifting weights in the gym."Here, Finley and Nike+ Run Coach Percell Dugger share some valuable sprint workouts to improve your pace and get you running like the wind. Start with a dynamic warmup, then get ready to hit the road. One quick note: if you're not a seasoned runner, you might not be familiar with the pace estimates in these workouts. That's okay. You can use a calculator tool to figure out what this means to you, or run by feel. Feel free to adjust any of the pace estimates to whatever is manageable to you— after all, it's your workout. Sprint Workouts at the Track Westend61//Getty ImagesWorkout 1 - 10 x 200 metersRest: 60 seconds Pace: 5KFinley says: "This is a great workout for you to get to know the track, feel how it feels to accelerate around the line and the turn and ride it out for a steady pace, striding down the straightaway. The 60 seconds of rest will add up quickly. Done in this format, this workout is a cardio fitness, aerobic effort. If you were to go for 2:00 rest instead, I'd suggest really picking up the pace working down toward your goal mile effort, which makes this more anaerobic." Workout 2 - 8 x 400Rest: 90 secondsPace: Start at 10K and working down"This is like the advanced version of workout one. Your goal is to get progressive as time goes on. Ideally by the end of this workout, you should be hitting at or below your best mile time."Workout 3 - 5 x 800Rest: 60 secondsPace: Start at 10K and working down"This is one of those workouts where you're in the effort for a solid amount of time, and you want to turn your brain off. Get into a rhythm. Think of this like a tempo run that feels super relaxed and calm."Workout 4 - 6 x 300, 4 x 150Rest: 2.5 minutes between eachThis workout takes a different approach than many workouts, according to Dugger. "[You'll make] true gains… in these non-traditional distances. So instead of doing 400 meters [one lap around a standard track], I would actually have somebody do a series of 300 meters. The reason why is because those two straightaways [the straight 100 meter stretches on the track] will really allow you to open up your stride and lean in. It's simultaneously helping to prepare your nervous system to move fast to decrease the amount of turnover you can get when you're running those curves."Sprint Workouts for Running on the RoadJordan Siemens//Getty ImagesWorkout 5 - Hills, 8 x 45 secondsRest: Jog down hillPace: Hard effort, about a 7 our of 10 on the RPE (rate of perceived exertion) scale"This workout is all about working on explosiveness, as your goal is to get farther and farther up the hill you're working with for each rep. Think about driving your knees and working your arms. Hill work is speed work in disguise. By working the muscles in your posterior chain, you're actually becoming faster. A lot of runners feel guilty that they don't do big lifts, but often times if they're doing hill work, they're reaping a lot of the same benefits." Workout 6 - 12 x 1:00Rest: 1:00Pace: 7 out of 10 on the RPE"You could call this a fartlek. This is an easy workout you could do after traveling, after work, if you're not feeling that great — because the intervals are really manageable. It's really about just getting your heart rate up, and then on the one-minute rest, you're bringing it back down. Don't go into this with any big expectations or pressure. Just enjoy it for what it is."Workout 7 - Segment Run x 6Rest: 90 secondsPace: 7 out of 10 on the RPE"Segments, or specific areas in your neighborhood, can be great for repeat work. I would prescribe this segment to be done at a decent effort, but really, you can make this what you want. Similar to the hill workout, see if you can get farther with each repeat. If you really want to crank intensity, find a segment with an incline."Sprint Workouts for the Treadmill Westend61//Getty ImagesWorkout 8 - Ladder: 5:00, 4:00, 3:00, 2:00, 1:00 Rest: 90 secondsPace: Progressively working down from half-marathon to goal mile pace"I love ladder workouts. Your goal here is to start conservatively. You definitely don't want that first 5:00 block to be too hard. So, start at something slower, like a half-marathon mph pace, then bump it up about .5 or 1.0mph with each rep, depending on how you are feeling."Workout 9 - 4 x 4:00Rest: 90 secondsPace: Start at half-marathon and progressively pick it up"With the increase from rep to rep here, bump it up only about .2 to .3 each time. This workout is about turning your brain off, you could even call it a meditation style run. You're zoning out, purposely trying to listen to your breath, and focus on not being the space you're in. This is what makes tread running beneficial. This zone out, it's something we teach through long runs as coaches, but it can be taught through long intervals." Workout 10 - Power Development Workout 2 rounds of 6 to 8 MPH at 6 percent incline for 90 seconds 1 minute rest between rounds4 rounds of 8 to 9 MPH at a 3 percent incline for 45 seconds 1 minute rest between rounds 5 rounds rounds of full sprint (10 to 12 MPH) at 0 percent incline for 20 seconds 1 minute rest between rounds"This is a great one to do to get the nervous system primed and ready for a workout that you would be primarily working on power development," says Dugger. Many will start this workout thinking, "wow, this is hard. But as the incline lowers and the speeds get faster, and it will be shorter, they'll have more confidence to go faster," he says. It can be difficult for some people to understand pacing on the treadmill versus the road, which is why Duggar prefers to give MPH ranges. Remember, though, that these are not all-or-nothing ranges. If you need to adjust these numbers down—or up, if you feel like you have more to give—go for it.Emily AbbateEmily Abbate is a freelance writer, certified fitness trainer, and host of the podcast Hurdle. You can find her work in GQ, Shape, Runner's World, and other health and fitness publications. Cori Ritchey, C.S.C.S.Associate Health and Fitness EditorCori Ritchey, C.S.C.S., is an Associate Health & Fitness Editor at Men's Health, a certified strength and condition coach, and group fitness instructor. She reports on topics regarding health, nutrition, mental health, fitness, sex, and relationships. You can find more of her work in HealthCentral, Livestrong, Self, and others. Posted onJune 19, 2024 June 19, 2024.by Gus Deighton.Posted inAll Blogs, Kids, Training Programs. When we hear the term sprinting, we most likely think of the famous Olympic champs Usain Bolt and his 100-meter world record time of 9.58 seconds and Florence Griffith-Joyner's world record 100-meter time of 10.49 seconds. Their arms pumping, an inexplicable force driving these machines of human beings forward at unbelievable speeds; it all just seems so unreal. But sprint interval training isn't just for sprinters. When done correctly and carefully, sprinting workout routines can be a helpful workout for runners like you and me, improving our running economy, form, cadence, and speed. If you haven't worked sprinting into your training program before, stay tuned for our best sprint workouts for beginners and a step-by-step guide on how to safely pop these workouts into your training schedule to improve your athletic performance. Sprinting is an anaerobic exercise in which your heart rate works between 90% and 100% of its maximum, pushing almost to the limit while running at top speed. These workouts consist of high-intensity short bursts of very hard running, most commonly between 10 and 30 seconds. Typical track and field sprint distances include 100 meters, 200 meters, and 400 meters. Even if you aren't planning on running any 100-meter races, sprint workouts can still benefitKusy, K., & Zieliński, J. (2015). Sprinters versus Long-distance Runners. Exercise and Sport Sciences Reviews, 43(1), 57–64. you as a distance runner. As a running coach, I include sprint workouts into my athlete's training program in certain training cycles for the following benefits: Improves cardiovascular fitness. Increases muscle mass and develops muscular strength and power. Increases tolerance for muscle fatigue by raising lactate threshold. Improves top speed, which in turn improves general running paces. Promotes bone health. Increases metabolism and fat burning. Even though there are plenty of benefits to sprinting when appropriately done, it does come along with its risks. When speed training at your maximum effort, it is imperative to take the necessary precautions. If not followed, sprinting can increase the risk of injury and hinder your recovery. Therefore, consider the following tips to ensure you are sprinting correctly and working towards reaping the benefits, not taking on unnecessary risk. When you are focused on running at top speed, everything else seems to fly out the window as you tend to focus solely on pushing as hard as you can for that short burst of time. The problem with this is that usually, sprinting mechanics is the first thing lost. Sprinting with proper running formBushnell, T., & Hunter, I. (2007). Differences in technique between sprinters and distance runners at equal and maximal speeds. Sports Biomechanics, 6(3), 261–268. will reduce your risk of injuring yourself during these sprint workouts for beginners and will actually make you sprint faster! Remember that running economy and correct running form will reduce your output of wasted energy, so you can channel that saved energy into your top speed instead. Follow these tips for proper form during our sprint workouts for beginners: Keep the mass of your body directly over your legs at all times. Do not heel strike! You must bring your body forward with each step and maintain your body aligned. Lean forward. Lean your body forward slightly and let gravity do its job. You'll have to move your feet quickly to keep up as your body is propelled forward, which leads us to our next point. Run with a quick cadence. Your cadence will naturally speed up as you run faster, so ensure a rapid turnover as if you are running on hot coals. The faster your turnover, the quicker you'll go. Focus on your arm movement. Keep your arms at 90 degrees, pumping them front to back along with your stride. Be sure you don't cross your arms in front of your body or twist your torso. This will result in unnecessary energy loss. Forefoot strike: Naturally, if you are landing on the balls of your feet instead of midfoot or heel, you will propel yourself forward, which will promote a faster cadence. Since sprinting workouts for beginners, or anyone really, consist of short bursts of running, you don't need a long route on which to perform these workouts. You want to find a very flat, even surface to complete your sprint repetitions on. A 400-meter track is ideal. On a track, you have the distance measured out for you, so you don't need to worry about looking down at your watch and can just go. If you don't have access to a track, any flat surface will do. Measure out your distances beforehand for a more efficient session. Now, warming up before any workout is essential, but it cannot be stressed enough that before sprinting, it is non-negotiable! If you fail to warm up before sprinting, a pulled muscle or another injury could easily be in your future. To warm up properly for our sprint workouts for beginners, jog for 10-15 minutes at an effortless pace with a few 10-seconds strides near the end. Then, add five minutes of dynamic stretching exercises and sprint drills like high knees to get those muscles and joints mobile and ready to go. If you don't have a trainer or help to compose your training plan, be sure your beginner sprint workout is sandwiched between two easy days. This can be a rest day, active recovery day, low-impact cross-training or cardio workout, or a recovery run. You need to ensure your body is well-rested for your sprint reps and has enough time to recover. How many times a week should you sprint? I wouldn't recommend any more than one sprint session per week to start out, as they are taxing on the body. If you are a true beginner runner, you will want some miles under your belt before you take on a beginner sprint workout. Your body will need to adjust to the impact of running, the stress it puts on your muscles, bones, connective tissues, and everything that comes with it. After you have spent some time getting your body accustomed to running with an aerobic base build-up, and you feel comfortable, strong, and healthy, you can begin working in some sprinting into your training. But beforehand, I would start with other training that stresses your system slightly less such as strides or longer, less intense intervals. Begin with added strides into your training, where you will reach your top speed, but only for a few seconds. Focus on form and efficiency, thinking ahead to how this will feel when held for an entire 400 meters! Adding two sessions of strength training to your weekly workout routine will make you an all-around stronger, more resilient runner. Include compound exercises such as lunges, squats, glute bridges, planks, push-ups, pull-ups, and plyometrics. Now, let's get to those workouts! The following sprint workouts are time-based high-intensity interval training sessions. Time-based training is great for varying fitness levels to avoid doing too much too soon. This way, each runner covers the distance they can during that time period. This type of sprint training for beginners is the best way to gradually graduate to sprinting at top speed. A stride, also known as a "pick up," is a gradual acceleration and then deceleration of running speed over a short period. When you reach your peak speed during a stride, you should just about reach your top speed. This way, we work up to the sprint without overdoing it. Warm up with 10 minutes of light jogging and dynamic exercises. Run for 30 minutes at an easy, conversational pace. Every 5 minutes, add in a 10-second stride. Cool down with 5 minutes of light jogging. Fartlek is Swedish for "speed play," so you make the rules here. Warm up with 10 minutes of light jogging and dynamic exercises. Run easy for 30 minutes and add in strides as you like without overdoing it. When you feel a burst, add a 20-30 second stride, reaching close to top speed at the peak. Have fun with it! Cool down with 5 minutes of light jogging. Ready? After a couple of weeks of strides, you are prepared to try out some faster sprints. The difference here is that there is no gradual acceleration or deceleration. The entirety of the interval is run at the same speed, at an effort of 90%+ of your maximum. Warm up with 10-15 minutes of light jogging and dynamic exercises. Sprint for 10-15 seconds. Rest completely for 90 seconds. Repeat for 10-20 minutes, depending on your fitness level. Cool down with 5 minutes of light jogging. Let's turn it up a bit and get those muscle fibers burning. Now, instead of stopping altogether, we will have active recovery periods. Warm up with 10-15 minutes of light jogging and dynamic exercises. Sprint for 10-15 seconds. Walk for 90 seconds. Repeat for 10-20 minutes, depending on your fitness level. Cool down with 5 minutes of light jogging. Another change we can make is to increase the sprinting time slightly as we improve. Let's play around with the time and have some fun. Warm up with 10-15 minutes of light jogging and dynamic exercises. Repeat the following 2x: Sprint 10 seconds / Walk 50 seconds Sprint 15 seconds / Walk 75 seconds Sprint 20 seconds / Walk 100 seconds Sprint 25 seconds / Walk 125 seconds Sprint 20 seconds / Walk 100 seconds Sprint 15 seconds / Walk 75 seconds Sprint 10 seconds / Walk 50 seconds Cool down with 5 minutes of light jogging. We can also perform sprint workouts for beginners on hills. Try this one out: Find a hill with a slight incline for the following workout: Warm up with 10-15 minutes of light jogging on flat terrain. Sprint 15 seconds uphill. Walk down to the starting point. Rest for 90 seconds. Repeat 8-10 times. Cool down with 5 minutes of light jogging on flat terrain. For all of these sessions, you must focus on your running form, posture, and efficiency to get the most out of your sprint workouts for beginners and prevent injury from these risky sessions. As you progress, you feel more and more comfortable approaching your top speed and enduring the incredibly uncomfortable sensation that demands. You can slightly increase your sprinting times and begin measuring your intervals in distance instead of time. After you have broken yourself into this sprint training for beginners, look at our complete track workouts for runners and interval training for runners. Enjoy! Interval Training For Runners: How To + The Benefits Here we outline sprint training programs for short and long sprint races suitable for beginner, intermediate and advanced athletes. A 52-week training programme suitable for a junior sprinter training approximately three times a week who would be aiming to run 100m at 12.2 seconds (male); 13.2 seconds (female) and 200m at 24.5 seconds (male); 26.5 seconds (female). Early to midwinter GENERAL CONDITIONING (14 WEEKS): Objectives and methodology: to develop aerobic capacity via steady … A 52-week training programme suitable for an intermediate-level sprinter training approximately four times a week who would be aiming to run 100m at 11.6 seconds (male); 12.8 seconds (female) and 200m at 23.5 seconds (male); 26.0 seconds (female). Early to mid-Winter Objectives and methodology: to develop aerobic capacity via steady continuous … A 52-week training programme suitable for an advanced level sprinter training approximately five times a week who would be aiming to run 100m at 11.2 seconds (male); 12.5 seconds (female) and 200m at 22.6 seconds (male); 25.7 seconds (female). Early to Mid Winter Objectives and methodology: to develop aerobic capacity via light fartlek … A 52-week training programme suitable for a junior-level sprinter training approximately five times a week and who would be aiming to run 400m at 55.00 seconds (male) and 300m at 44.5 seconds (female). The Junior schedules are relevant to the 300m competition event for female runners. A 52-week training programme suitable for an intermediate-level sprinter training approximately five times a week and who would be aiming to run 400m at 52.5 seconds (male) and 300m at 43.00 seconds (female). Scroll to Top Sprinting is about more than just raw speed; it's the synthesis of form, power, and endurance. Similarly, building an effective sprint training program requires more than simply completing drills and refining sprinting technique. It takes specific training with the right timing, intensity, and focus to achieve top-end speed. Olympian and veteran sprints coach Ken Harnden has developed and perfected sprint training plans that have consistently gotten athletes cross the finish line faster. In this guide, you'll discover how to create your own sprint training program using the proven philosophies and sprinting workouts Coach Harnden has crafted for his 100m & 200m sprinters. Despite what many websites claim, there's no one-size-fits-all plan for speed development. The most crucial concept in creating an effective sprint training program is individualization. Sure, you can easily search for a sprint training program PDF and find hundreds of free and paid options. But if you're going to trust your performance to any plan (including ours), it's worth asking a few key questions. Who wrote the plan? Is it from someone who has only "studied the best coaches," or is it crafted by someone with years of experience delivering real results on the track? 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In this case, the 'enemy' could be anything—from a virus that takes you out of training for a few days to a hamstring strain that sidelines you for weeks. It might be something as simple as a small change in your track meet schedule. Even if you remain perfectly healthy, understanding the 'why' behind each part of the plan is crucial for optimal training. Some athletes thrive with high-volume sprint training, while others need a focus on injury prevention and recovery. For those in the latter group, it's essential to know how to prioritize and get the most out of your training. Whether you're a coach or a self-coached athlete, balancing multiple factors—such as skill level, training experience, recovery ability, previous injuries, and lifestyle—is key to designing a successful sprint training plan. Plan accordingly. In the video below, Coach Harnden discusses two sub-10 second sprinters he coached, both of whom needed vastly different training volumes and approaches. Walter Dix and Ngoni Makusha were both NCAA champions and ran similar times with vastly different training routines. "If you don't know where you're going, you'll end up somewhere else." Yogi Berra Planning is everything. Disorganized, random sprint training will almost always lead to random results. Great coaches and athletes know exactly what they need to do to perform at their best, and they deliberately work toward it. Every repetition and recovery session is backed by clear, thought-out reasoning. It's this calculated planning and purposeful work that drives real progress. Over his many years of coaching elite athletes, Coach Ken Harnden found that the best way to ensure a successful season is to start by identifying your end goal, then work backward to plan each phase of training. As you plan your season, start by defining your finishing goal. Do you want to improve sprint times by a specific percentage within a set timeframe? 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recovery week is essential. Effective recovery is active, involving low-impact, low-volume, or low-intensity workouts to allow your body to recuperate while staying engaged. Off the track, recovery extends to your lifestyle. Proper nutrition, hydration, and sleep are vital to ensuring full recovery between training sessions and maintaining peak performance. Emphasis of Recovery Phase Active recovery aligned with the overall training structure. Hydration, nutrition, and sleep are essential. Recovery Workout Week DayWorkout TypeWorkoutMondaySand/Turf Recovery2 x 10M Falling Start 3 x 10M 2-Point Start 3 x 120/90/60MTuesdayLower Intensity6 x 20M 3-Point Start 6 x 20M Sleds PlyometricsWednesdayRecoveryPool RecoveryThursdaySand/Turf Recovery8 x 40M Block Starts 6 x 20M SledsFridayPool RecoveryPool RecoverySaturdayHills Low Intensity3 x 150/120/90M HillsSundayRecoveryRest We hope you found this sprint training program guide helpful. The basic structure outlined here has consistently delivered significant results when customized to meet individual needs. If you're curious about everything sprinting does for your body—from building muscle to boosting testosterone and making you smarter—don't miss our latest article on the benefits of sprint training. For more insights on developing and refining a year-round training plan, be sure to check out Sprinting Smarter, Speed Progression. If you're like me you started functional fitness because you aren't particularly good at running, nor particularly fast. The allure of getting into killer shape without having to jog endlessly is always appealing. This program is designed to be an add on to whatever current program you are doing and it is going to fix several of the worst issues that many athletes have. By the end of it you will have built one killer engine in less than 2 hours a week. As I alluded to above, this program is designed to be very short, and that should worry you. It is going to be very intense. My experience with the athletes I coach is that most athletes really don't run at max effort. They tend to treat the run portion of a WOD like it's the thing between lifting, instead of treating it like something they can excel at. This attitude is understandable, but I promise it is holding you back, just like it has held me back in my functional fitness career. Let's review the primary goals of this program, so you can determine if this is something that you need to be doing. Increase running speed in the 10 second to 7 min time domain Decrease fat mass, and increase lean body mass Increase aerobic and anaerobic energy systems capacity These goals seem ambitious, but they are totally attainable. I do need to point out that this isn't some sort of magical "hack" that will increase your fitness for no additional effort. There will be effort I promise you that. There might even be vomit if you play your cards wrong. Before we get into the details of the 9 Week Sprinting Program for athletes, we need to cover some of the science behind sprinting. It's crucial to help your understanding as an athlete, but more importantly it will motivate you to push through those hard intervals because the pay off can be very big if you understand why you are doing it. I started this program like I do with most of my programs by asking a question, "What is the best way to increase running speed and work capacity?" I then started to review all my favorite websites and research portals, and determined that it is, in fact, the shake weight. Just kidding, but seriously. The easter egg you missed !!! Actually it is sprinting, either on a piece of equipment, or running. There are literally thousands of research studies covering the specifics of sprint programming and the best protocols. Yours truly has dug through all that data to distill down the key bits for the functional fitness community. This is a pretty common question. Most running programs tend toward the easy variety, with tons of miles. The types of intervals they recommend are maybe 70-80% of your max speed at best. Unfortunately the research shows a dramatic trend toward favoring sprint interval training for achieving both overall running improvements, and for helping athletes lose fat and gain muscle mass. This meta-analysis (research review of dozens of relevant studies) highlights the fact that on average participants in sprint training programs lost 28% more body fat on average than those who just jogged, or participated in less demanding programming. This question is quite counterintuitive for most functional fitness athletes because the data pretty clearly shows that more is not better. In fact less seems to be better in most cases. This study split their participants into two groups. One group completed 15 sec sprints with a 2 min rest, twice per week for 9 weeks. The other groups did 30 sec sprints with 4 min rest, twice per week for the same total duration. The group that did 15 sec sprints achieved nearly the exact same results as the group that did the 30 sec sprints. Here the authors are quoted. This study demonstrated that while the changes in cardiorespiratory function plateau within several weeks with sprint interval training, endurance capacity (Time to Exhaustion) is more sensitive to such training over a longer time frame in moderately-trained individuals. Furthermore, a 50% reduction in sprint duration does not diminish overall training adaptations over 9 weeks.Scand J Med Sci Sports. 2017 Dec;27(12):1662-1672. doi: 10.1111/sms.12831. Epub 2017 Jan 26. There are numerous other examples of this, but suffice it say that when we are speaking of sprinting, quality is much more important than quantity. The short answer is no you don't have to, but you might want to consider it, especially if you want to develop your top end speed. This program does not require the use of any specialty equipment, but you can pick up a sprinting chute for less than $30 and it can be a great benefit. You could use this instead of the hill day if you happen to live in a flat area and don't have access to a treadmill. You have to wear this outfit too. I will briefly cover the benefits to sleds and chutes. They are primarily used to overload the same muscle (quads, hips, and glutes) that are used to run. When used correctly they allow a sprinter to practice running the same way they normally do against more resistance, thus strengthening these key muscles. This study highlighted the fact that heavy resistance for sleds and chutes is best used to develop acceleration for 20m and under, where as lighter resistance (12.5% of bodweight or less) helps develop top end speed. Remember none of this is a requirement, but it could be very beneficial for those athletes who need top end speed for other sports. If you are a tactical athlete (police, military, fire/ems) then you will likely need the ability to sprint, and it would be very beneficial to sprint against resistance. The same goes for those who participate in other sports such as: football, rugby, soccer, lacrosse. If running is needed, then you should be able to run fast. This leads us to our last question. This study examined the sex differences in men and women as they completed a 12 week sprinting program. They found some fairly significant difference for both sexes. Overall men were able to lose more body fat, but the women improved their energy system development with only 4 min of total sprint time per week or 36 min total in 12 weeks. Fat mass decreased by 1.0 kg, although men lost statistically significantly more fat than women both when expressed in Kg and as % body fat. VO2max increased by around 9%, but women improved VO2max significantly more than men. FATmax (rate of fat oxidation) improved by around 13%BMJ Open Sport Exerc Med. 2016; 2(1): e000056.Published online 2016 Mar 4. doi: 10.1136/bmjsem-2015-000056 It's fairly common to lose fat mass and gain muscle mass when completing these types of programs, with no change in diet or activity level apart from the running. For functional fitness, I would expect this trend to continue with the caveat that the more well trained you already are the less change you will see to your body composition. New athletes always get all the gainz! Now that some of you are debating throwing your computer out of the window we can finally get to the the program! I chose the length of this program because programs in the 9-12 week range showed the greatest adaptation to fatigue resistance, which is something we really need for functional fitness. The good news is that several programs showed pronounced results in only 2-3 weeks. Here is the PDF download for the 9 Week Sprinting Program for Functional Fitness. This program is designed to be three days per week. Here it says Monday, Wednesday, and Friday, but you can adjust it to fit your schedule. It is also designed to be added onto any program you are currently doing. Here are a couple of tips I recommend to help integrate it effectively into your current plan. If you squat two days per week, replace one squat session with a sprint workout. Replace the WOD you are best at each week with a running WOD. If you can do two a days one day per week try to do so. There is no change from the overall structure, just an increase in volume. It's important to realize that these intervals should be done with max intensity when specified. The rest periods are simply active recovery. Don't push it there. If you want to learn how to put together your own functional fitness program the right way, then check this out. This is the highest volume week, but you should still be able to finish each session in 30-40 min at the outside. Most research indicates that you should be starting to feel a difference in your running ability, particularly in your ability to maintain speed across intervals. This week is our deload and we are back to our first week levels of volume. This should feel like a vacation compared to previous weeks. I would recommend aligning your program so that your deloads on your functional fitness specific program line up with the running deloads. It just makes sense. This is our second cycle of the program. You can see we have increased the running interval length somewhat. They are still within the research recommendations but these longer intervals will really help build your engine for WODs. As we saw last cycle the overall structure is maintained, but we have increased the volume here. You will probably find that these feel fairly difficult but your WOD performance should be noticeably better. This will be our highest volume week for the whole program. You should be well adjusted to running fast by now, and I'd imagine you've already knocked down quite a few PR's. This is our last deload, and training week. We are back to week 5 volume, and this is our chance to rest and recover for week 9 where we will be smashing some PRs. This is PR time. I've chosen the 1 mile distance because you haven't been running anywhere near this long for your intervals, but the research shows that you will mostly like increase your running speed around 7-9% from your previous best. I also like the 200m distance because I find that it's a great test of speed, but it also can test your fatigue resistance at these very high power outputs. Don't forget to show those PR's off in the comments. This program is going to be challenging but you can all totally crush it. You will get the most out of this program if you pay attention to your recovery, as well as your nutrition. Check out this article which covers scientifically validated recovery practices. Now you know why I write those cool downs the way I do. This article will provide you with a spreadsheet that will calculate your total energy expenditure, and recommend your macros. This is a great starting point, but you might find that you have to bump up the expenditure 200-300 calories to cover extra running workouts. If you simply replaced a WOD with a run then you probably don't need to adjust so much. As always if you have any questions or comments put them below where I can respond to them the quickest. Now get out there and start training! If you like fitness programs and want to get our 3 free training guides, then click here to join the Tier Three Team. It's totally free, and thousands have already received their strength programming, fat loss, and their bonus guide. Any links to Amazon.com are affiliate links. This means that we receive a small fee for referring you to them provided that you purchase anything within 24 hours. It costs you nothing and helps keep the lights on here. Thanks! The opinions and information expressed in this article are solely those of the author and are not affiliated with any corporation, group, public or private entity.This web site is not endorsed by, directly affiliated with, maintained, authorized, or sponsored by Crossfit Inc. All product and company names are the registered trademarks of their original owners. The use of any trade name or trademark is for identification and reference purposes only and does not imply any association with the trademark holder of their product brand. Sprinting is about more than just raw speed; it's the synthesis of form, power, and endurance. 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During this phase, race performance is fine-tuned by building on strengths and addressing any weaknesses from previous races. The focus shifts to technical speed work, with an emphasis on timing, setting timing goals, and making adjustments to hit those goals. Emphasis of Phase Four Pre-competition/competition training Ideally, two weeks between competitions for optimal improvement. Training should be tailored to each athlete's needs. Phase Four Sprinting Workout 2 Weeks DayWorkout TypeWorkoutMondayRecoveryRecovery Warm Up Core Work Lunge SeriesTuesdayAthlete Specific Training4 x 40M Wickets 5 x 90M - 8 Min RecoveryWednesdayAthlete Specific Training250M/150M/150M - 10 Min Recovery PlyometricsThursdayAthlete Specific TrainingRecovery Warm Up Core Work Lunge SeriesFridayAthlete Specific Training5 x 20M Block Start 4 x 30M Flying 6 x 30M Sleds PlyometricsSaturdayAthlete Specific Training250M/150M/150M - 10 Min Recovery PlyometricsSundayRecoveryRestMondayAthlete Specific Training5 x 20M Block Start 5 x 20M Sleds Plyometrics Hip & Ab CircuitTuesdayCompetition PrepRecovery Warm Up Core Work Lunge SeriesWednesdayCompetition Prep4 x 30M Wickets 2 x 120MThursdayRecoveryRestFridayCompetition PrepCompetition Preparation Recovery is a critical component of every training cycle and should be intentionally built into each phase of your sprint training plan. At the end of each phase, a dedicated recovery week is essential. Effective recovery is active, involving low-impact, low-volume, or low-intensity workouts to allow your body to recuperate while staying engaged. Off the track, recovery extends to your lifestyle. Proper nutrition, hydration, and sleep are vital to ensuring full recovery between training sessions and maintaining peak performance. Emphasis of Recovery Phase Active recovery aligned with the overall training structure. Hydration, nutrition, and sleep are essential. Recovery Workout Week DayWorkout TypeWorkoutMondaySand/Turf Recovery2 x 10M Falling Start 3 x 10M 2-Point Start 3 x 120/90/60MTuesdayLower Intensity6 x 20M 3-Point Start 6 x 20M Sleds PlyometricsWednesdayRecoveryPool RecoveryThursdaySand/Turf Recovery8 x 40M Block Starts 6 x 20M SledsFridayPool RecoveryPool RecoverySaturdayHills Low Intensity3 x 150/120/90M HillsSundayRecoveryRest We hope you found this sprint training program guide helpful. The basic structure outlined here has consistently delivered significant results when customized to meet individual needs. If you're curious about everything sprinting does for your body—from building muscle to boosting testosterone and making you smarter—don't miss our latest article on the benefits of sprint training. For more insights on developing and refining a year-round training plan, be sure to check out Sprinting Smarter, Speed Progression. Sprinting is about more than just raw speed; it's the synthesis of form, power, and endurance. Similarly, building an effective sprint training program requires more than simply completing drills and refining sprinting technique. It takes specific training with the right timing, intensity, and focus to achieve top-end speed. Olympian and veteran sprints coach Ken Harnden has developed and perfected sprint training plans that have consistently gotten athletes cross the finish line faster. In this guide, you'll discover how to create your own sprint training program using the proven philosophies and sprinting workouts Coach Harnden has crafted for his 100m & 200m sprinters. Despite what many websites claim, there's no one-size-fits-all plan for speed development. The most crucial concept in creating an effective sprint training program is individualization. Sure, you can easily search for a sprint training program PDF and find hundreds of free and paid options. But if you're going to trust your performance to any plan (including ours), it's worth asking a few key questions. Who wrote the plan? Is it from someone who has only "studied the best coaches," or is it crafted by someone with years of experience delivering real results on the track? The most successful sprinting coaches have spent years working with a variety of athletes, each with unique strengths and weaknesses. That kind of first-hand experience is what builds the knowledge needed to unlock a sprinter's full potential. Who was the plan written for? A first-year high school sprinter has vastly different needs from an elite college athlete. You need a program that reflects where you are in your career and accounts for your individual strengths and areas for improvement. College and professional sprinters can typically handle a much higher training volume than high school athletes. Do I have the knowledge to adjust the plan? This is the most important question to ask. No matter how well-designed a sprint training program is, you'll need to make adjustments along the way. As the military strategist Helmuth von Moltke famously said, "No battle plan survives contact with the enemy." In this case, the 'enemy' could be anything—from a virus that takes you out of training for a few days to a hamstring strain that sidelines you for weeks. It might be something as simple as a small change in your track meet schedule. Even if you remain perfectly healthy, understanding the 'why' behind each part of the plan is crucial for optimal training. Some athletes thrive with high-volume sprint training, while others need a focus on injury prevention and recovery. For those in the latter group, it's essential to know how to prioritize and get the most out of your training. Whether you're a coach or a self-coached athlete, balancing multiple factors—such as skill level, training experience, recovery ability, previous injuries, and lifestyle—is key to designing a successful sprint training plan. Plan accordingly. In the video below, Coach Harnden discusses two sub-10 second sprinters he coached, both of whom needed vastly different training volumes and approaches. Walter Dix and Ngoni Makusha were both NCAA champions and ran similar times with vastly different training routines. "If you don't know where you're going, you'll end up somewhere else." Yogi Berra Planning is everything. Disorganized, random sprint training will almost always lead to random results. Great coaches and athletes know exactly what they need to do to perform at their best, and they deliberately work toward it. Every repetition and recovery session is backed by clear, thought-out reasoning. It's this calculated planning and purposeful work that drives real progress. Over his many years of coaching elite athletes, Coach Ken Harnden found that the best way to ensure a successful season is to start by identifying your end goal, then work backward to plan each phase of training. As you plan your season, start by defining your finishing goal. Do you want to improve sprint times by a specific percentage within a set timeframe? Do you need to focus on a specific skill, like improving your block starts? Is your goal to peak at a particular time or event? Is there a meet where you could break your personal record? Mark your target on the calendar and build your plan in reverse, working back to the very first day. Watch Coach Harnden discuss the importance of building a plan from the destination in the short video below. A well designed training plan helps athletes do the things they might not enjoy, but will make them great. Five Sprint Training Program Phases Not to be confused with the phases of a sprint race—acceleration, maximum velocity, and deceleration—this is about the phases of training. The structure is divided into five distinct phases or training blocks, designed to help you build an effective sprint training plan. Each of these five phases targets specific objectives that will progressively lead you toward your ultimate goal. Before diving into sprint training, you first need to develop a level of fitness that can handle the demands of sprinting. In this initial phase, the focus is on general fitness rather than sprint-specific work. Establishing proficiency in foundational sprinting drills for beginners is essential. Why? Because the movement patterns learned in these drills will carry over to everything else you do on the track. Progression during this phase comes from gradually increasing the volume of training each week. The emphasis of Phase One Basic training to build general strength and technique. No overloading—both intensity and volume should increase slowly. The goal is to develop enough fitness to train at a high level without risking injury. Phase One Sprinting Workout Week DayWorkout TypeWorkoutMondayTempoWarm Up Wickets - 4 x 30M 8 x 250M on grass/walk 50m 3 x Plyos 2 x Med Ball Routine Lung Series Cool DownTuesdayLow Level StairsWarm Up 8 x Stadium Stairs 5 x Half Stadium Stairs (Faster) A/B Skips Sand Walks Ab WorkWednesdayRecoveryRestThursdayTempoWarm Up Acceleration Complex 8 x 300M Decreasing RecoveryFridaySand or PlyometricsWarm Up 3 x Plyo Circuit Lunge Series Cool DownSaturdayHillsWarm Up 6 x 200M Hills Lunge SeriesSundayRecoveryRest After building general fitness in Phase One, you're ready to shift the focus to sprint-specific training. In this phase, both intensity and volume increase, and recovery becomes more active. Plyometric exercises and hill work ramp up in volume, intensity, and variety. Recovery days now include active, non-impact work, such as pool exercises. The workouts in this phase are designed to prepare athletes for competition training and should remain consistent throughout the season to measure progress between phases.. This is also the time to introduce more advanced sprinting drills into the warm-up. Examples include "the U Drill" (also known as "the Miami Drill") and the "Advanced 1-2-3 Drill." These drills target critical sprinting techniques, such as frontside mechanics and proper ground contact. Emphasis of Phase Two The goal is to prepare athletes for event-specific training. Increase overall training volume by 40-50% from Phase One. Phase Two Sprinting Workout Week DayWorkout TypeWorkoutMondaySpeed/Acceleration TempoWarm Up 4 x 50M From 120 Start 130/120/110 (Walk Back Recovery) 3 x 150/150 2 x Ab Circuit Lunge SeriesTuesdayPower/Resistance Stadium StairsJog Warm Up 8 x Stadium Stairs 4 x 15 Double Hop Stadium Stairs 3 x 10 Single Hop Stadium Stairs 4 x 10 Stadium Stairs Skip Back Sand Drills Ab CircuitWednesdayActive RecoveryPool RecoveryThursdaySpeed/Acceleration TempoWarm Up 4 x 50M From 120 Start 3 x 140M Ins/Outs 4 x 200M 30/90 2 x Med Ball Circuit Lunge SeriesFridayHillsWarm Up Sled Push/Pull Plyometrics Sand Drills Mat JumpsSaturdayHills3 x 250M Hills 3 x 150M Hills 4 x 40M HillsSundayRecoveryRest Mustaqeem Williams performing sprinting plyometrics which are crucial in a well designed 100m/200m sprint training program. Phase Three is all about increasing your speed. In this cycle, pure speed training and more intense sprint workouts replace the tempo work from earlier phases. On the track, traditional speed work becomes the core of the training plan. Sprinting technique is practiced consistently—from the warm-up through the end of each session. During this phase, efforts should be timed to track progress and set goals to chase. Emphasis of Phase Three Focus on increasing speed. Replace tempo work with pure speed development training. Begin practicing block starts. Phase Three Sprinting Workout Week DayWorkout TypeWorkoutMondaySpeed Short Distance3 x 20 Falling Starts 3 x 20M 2-Point Starts 3 x 20M 3-Point Starts 6 x Wickets or Sleds Hip & Ab CircuitTuesdaySpeed Longer Distance3 x 20M Falling 3 x 20M 2-Point Starts 3 x 20M 3-Point Starts 2 x 250 M Hip & Ab CircuitWednesdayActive RecoveryPool RecoveryThursdayTechnical Training6 x 20M Tape Drill 6 x 20M Block Start 6 x 30M Sleds Hip & Ab CircuitFridayPlyometrics3 x 30M Speed Bounds PlyometricsSaturdayHills Longer but Lower Intensity4 x 60/90/120M HillsSundayRecoveryRest Phase Four is dedicated to pre-competition and competition preparation. Training is organized in micro cycles, typically lasting 2-4 weeks, leading up to each competition. To make meaningful improvements, it's important to have at least a week between competitions. This allows for the necessary training to continue progressing. During this phase, race performance is fine-tuned by building on strengths and addressing any weaknesses from previous races. The focus shifts to technical speed work, with an emphasis on timing, setting timing goals, and making adjustments to hit those goals. Emphasis of Phase Four Pre-competition/competition training Ideally, two weeks between competitions for optimal improvement. Training should be tailored to each athlete's needs. 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