

We Will Survive: Sprinter Training Program 3 weeks							
Before each workout, warmup jog 5-10 minutes, do drills							
	Monday (strength)	Tuesday (abs)	Wednesday (strength)	Thursday (abs)	Friday (strength)	Saturday (abs)	Sunday
Week 1	Run 15 min	Starts	Song workout x4 songs	10x Hill repeats	6 Rounds	Easy 15-20 min r	Rest
Week 2	3x200m @3/4 speed, 2 min rest	Song workout x5 songs	5-7 Ladders	6x20m accelerators	15-20 Min	xt	rest
Week 3	3x 3x30, 2 min rest, 10 min between sets	Arm swings and drills	10x60 sec running in place	10xHill repeats	7 rounds	15-20 min run	rest
Workout Explanations							
Song Workout	Choose a song, jog during the verses, pick up to 3/4 speed during the chorus			Strength:			
Hill repeats	Sprint from the bottom of a 20-50m hill to the top, jog down, sprint again						
Rounds Workout	Round 1: 50 meters half speed			Abs:	Tabata style. For 6 minutes total, spend 40 seconds doing the ab exercise, 20 seconds rest		
	Round 2: 50 meters half speed				V-ups		
	Round 3: 50 meters 3/4 speed				Planks		
	Round 4: 50 meters 3/4 speed			Strength 3 sets	10 pushups		
	Round 5: 50 meters full speed				10 squats		
	Round 6: 50 meters full speed				10 lunges (each leg)		
	Round 7: 50 meters 3/4 speed				10 calf raises		
	Round 8: 50 meters 3/4 speed						
	Round 9: 50 meters 1/2 speed			Drills	High Knees		
	Round 10: 50 meters 1/2 speed				Butt Kicks		
Ladders	1. Sprint 30, walk 70				A March		
	2. Sprint 40, walk 60				B March		
	3. Sprint 50, walk 50				Marios		
	4. Sprint 60, walk 40						
	5. Sprint 70, walk 30						
	6. Sprint 80, walk 20						
	7. Sprint 90, walk 10						
Accelerators	Start from standing, explode and work on reaction time, 2 min rest between accelerators						
Flying 30s	Barefoot in the grass, run 30s, working to full speed						
Running in place	If you can find some sand, run barefoot in the sand in place, practicing good form and quick feet						
Questions?	Email Coach Chambers: velocitykidsrunning@gmail.com						

