

Sprint & Interval Sessions (courtesy of Katya Marks)

Warm up with a 1 mile jog then some dynamic stretching i.e. high knees, bum flicks, crossovers, side steps, strides

Cool down with a 5-10 min jog

Include foam rolling in the warmup or 2-6 hours after workout

Intervals:

1. 6 x 400m, 1 min rest
2. 6 x 600m, 1 min rest
3. 5 x 800m, 2 min rest or relaxed shadow boxing
4. 5 x 1000m, 3 min rest or relaxed shadow boxing
5. 6 x 300-500m up a hill/jog down
6. 2000m, 3 min shadow, 1000m, 3 min rest, repeat once
7. 4-6 x 4 min
8. 4 x 100m sprint/jog back to start, 3 sets with 1 min rest in between sets
9. 3 min efforts: Sprint 75m at 90%/jog 25m (For this one, find a 100m-ish straight and split into roughly 4 quarters)
10. 6-10 x 100m sprints/10 press ups/jog backwards to start (while punching if you like), 3 min rest then second set
11.
 - 10 m sprint, jog recovery 10 times, 1minute rest.
 - 20m sprint, jog recovery 8 times, 1minute rest.
 - 40m sprint, jog recovery 6 times, 1minute rest.
 - 50m sprint, jog recovery 4 times, 1minute rest.
 - 100m sprint 2 times, 5 minutes rest.Repeat sequence but work backwards starting with 100m.
12.
 - 8 x 30m 15 sec rest between, (Sprint out, Jog back)
 - 2 mins between each set
 - Complete 3 sets

13.

- Place 4 markers 15m apart
- Starting at 1st marker, sprint to 2nd marker and back x2
- 3rd x2
- 4th x2
- 3rd x2
- 2nd x2
- 2 min rest then repeat above for 2 more sets
- Finish with 10*15m sprints, 10s rest between sprints

Sprints:

1. 6 x 20-30 sec sprints at 100%, 2 min rest in between sprints
2. 6 x 15 sec sprints up a hill at 100%, 2 min rest in between sprints

It's important that these sprints are done at max speed.
You can add an extra rep every couple of weeks.

Start stop acceleration/deceleration session:

- 1) Accelerate to 75% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @75% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @75% over 20m. Walk back to start for rest.
- 2) Accelerate to 85% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @85% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @85% over 20m. Walk back to start for rest.
- 3) Accelerate to 90% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @90% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @90% over 20m. Walk back to start for rest.
- 4) Accelerate to 95% speed over 20m slow down to almost a stop as soon as possible over 5m then accelerate @95% over 20m, slow down to almost a stop as soon as possible 5m then accelerate @95% over 20m. Walk back to start for 4min rest and repeat.