

## **Short & Long Sprinters**

### **Types and examples of workouts**

#### **Tempo-**

Extensive-70-75% Greater than 100 m 30-90 secs  
recovery 1400-3000 total m

- 7x200 meters @ 43 sec pace
- 2x200, 2x250, 1x300, 2x250, 2x200
- Hills
- 6x300's
- 300,500,300
- 200, 150, 100

Intensive-80-90% Greater than 80 m 30 secs-5 mins  
recovery 800-1800 total m

- 4x200's comfortably fast
- 2x300's, 4-6x100m uphill

#### **Speed-**

90-95% 20-80 m 3-5 min recovery 300-800 total m

- Acceleration drills
- Resisted running
- Down Hill running

Lactic-95-100% 20-80 meters 3-5 min recovery 300-500 total m

- 8x30
- 10x20 m starts
- Flying 30's x 8
- Float-Sprint-Float
- 6-10 x Handoffs
- 50-75 m accels
- Starts 5, 10, 15, 20, 25, 30 m
- 150 buildups first 50 @ 70% next 50 @ 85%, last 50 all out

#### **Speed Endurance-**

Anaerobic-90-95% 30-150 meters 1-6 min  
recovery 300-1200 total m

- 2x(4x80 m) 1-2 min rest
- 3x(4x50 m) 1-2 min rest
- 4x100, 3x75, 2x50 1-2 min rest
- 2x300, 2x200, 2x100 3 min, 2 min, 1 min rest
- 6x150 4 min rest
- 8x100 3 min rest
- 150, 125, 100, 75, 50, 25 w/2 min rest
- 10x100 in 10 minutes run a 100 get rest of minute to jog back before next 100 starts
- 4x100 continuous handoffs
- 2-3x100) 5 mins

Lactic-95-100% 30-80 meters 2-3 min  
recovery 300-800 total m

- all out handoffs/starts
- Fly-ins Fly-outs

Glycolytic-95-100% 80-150 m 6-10 min  
recovery 300-800 total m

#### **Special Endurance-**

Type 1-90-95% 150-300 meters 10-15 min  
recovery 300-1200 total m

- 3-4x200
- 3x300
- 3-4x(2x150)
- 300, 250, 200
- 250, 200, 150
- 2x300
- 300/100
- 3x(2x200) partner relays

Type 2-90-95% 300-600 m 15-20 min recovery  
600-1200 total m

- 1x600 or 1x500
- 500,300
- 300,500,300
- 2x450
- 600,300

#### **Strength/Power-**

- Plyo's
- Uphill running
- Resisted running

#### **Technique-**

- Hurdles
- Starts
- Handoffs
- Jumps