



PROGRESSION TO SPRINTING (skill / big skill)

50 - 60% INTENSITY (1:3 work to rest ratio)

STAGE I	STAGE 2	STAGE 3	STAGE 4
20 yd x 6 untimed (15)	20 yd x 6 untimed (15)	20 yd x 6 untimed (15)	20 yd x 10 untimed (15)
40 yd x 4 untimed (21)	40 yd x 6 untimed (21)	40 yd x 8 untimed (21)	40 yd x 8 untimed (21)
60 yd x 2 untimed (27)	60 yd x 4 untimed (27)	60 yd x 4 untimed (27)	60 yd x 4 untimed (27)
80 yd x 2 untimed (36)	80 yd x 2 untimed (36)	80 yd x 2 untimed (36)	80 yd x 2 untimed (36)
100 yd x 2 untimed (48)	100 yd x 2 untimed (48)	100 yd x 2 untimed (48)	100 yd x 4 untimed (48)
80 yd x 2 untimed (36)	80 yd x 2 untimed (36)	80 yd x 2 untimed (36)	80 yd x 2 untimed (36)
60 yd x 2 untimed (27)	60 yd x 4 untimed (27)	60 yd x 4 untimed (27)	60 yd x 4 untimed (27)
40 yd x 4 untimed (21)	40 yd x 6 untimed (21)	40 yd x 8 untimed (21)	40 yd x 8 untimed (21)
20 yd x 6 untimed (15)	20 yd x 6 untimed (15)	20 yd x 6 untimed (15)	20 yd x 10 untimed (15)
30 runs → 1320 yards	38 runs → 1560 yards	42 runs → 1880 yards	52 runs → 2240 yards

70 - 80% INTENSITY (1:5 work to rest ratio)

STAGE 1	STAGE 2	STAGE 3	STAGE 4
20 yd x 6 < 4(20) sec.	20 yd x 6 < 4(20) sec.	20 yd x 6 < 4(20) sec.	20 yd x 10 < 4(20) sec.
40 yd x 4 < 6(30) sec.	40 yd x 6 < 6(30) sec.	40 yd x 8 < 6(30) sec.	40 yd x 8 < 6(30) sec.
60 yd x 2 < 8(40) sec.	60 yd x 4 < 8(40) sec.	60 yd x 4 < 8(40) sec.	60 yd x 4 < 8(40) sec.
80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.
100 yd x 2 < 15(75) sec.	100 yd x 2 < 15(75) sec.	100 yd x 2 < 15(75) sec.	100 yd x 4 < 15(75) sec.
80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.	80 yd x 2 < 11(55) sec.
60 yd x 2 < 8(40) sec.	60 yd x 4 < 8(40) sec.	60 yd x 4 < 8(40) sec.	60 yd x 4 < 8(40) sec.
40 yd x 4 < 6(30) sec.	40 yd x 6 < 6(30) sec.	40 yd x 8 < 6(30) sec.	40 yd x 8 < 6(30) sec.
20 yd x 6 < 4(20) sec.	20 yd x 6 < 4(20) sec.	20 yd x 6 < 4(20) sec.	20 yd x 10 < 4(20) sec.
3:22 (16:50)	4:18 (21:30)	4:42 (23:30)	5:44 (28:40)

90 - 100% INTENSITY (1:7work to rest ratio)

STAGE 1	STAGE 2	STAGE 3	STAGE 4
20 yd x 6 < 3(21) sec.	20 yd x 6 < 3(21) sec.	20 yd x 6 < 3(21) sec.	20 yd x 10 < 3(21) sec.
40 yd x 4 < 5(35) sec.	40 yd x 6 < 5(35) sec.	40 yd x 8 < 5(35) sec.	40 yd x 8 < 5(35) sec.
60 yd x 2 < 7(49) sec.	60 yd x 4 < 7(49) sec.	60 yd x 4 < 7(49) sec.	60 yd x 4 < 7(49) sec.
80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.
100 yd x 2 < 13(91) sec.	100 yd x 2 < 13(91) sec.	100 yd x 2 < 13(91) sec.	100 yd x 4 < 13(91) sec.
80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.	80 yd x 2 < 10(70) sec.
60 yd x 2 < 7(49) sec.	60 yd x 4 < 7(49) sec.	60 yd x 4 < 7(49) sec.	60 yd x 4 < 7(49) sec.
40 yd x 4 < 5(35) sec.	40 yd x 6 < 5(35) sec.	40 yd x 8 < 5(35) sec.	40 yd x 8 < 5(35) sec.
20 yd x 6 < 3(21) sec.	20 yd x 6 < 3(21) sec.	20 yd x 6 < 3(21) sec.	20 yd x 10 < 3(21) sec.
2:50 (19:50)	3:38 (25:26)	3:58 (27:46)	4:48 (33:36)