

Sprinters Workout

Day 1

Week 2: 9 x 200 meters at 30 seconds with 2;00 minutes rest

Day 2

Round 1: 80m at half speed, backpedal(run backwards) to return.

Day 3

4 x 70 meter sprint @ 90% pace (walk back to the start),

Day 4

3 x 400 meter sprint (rest 4-minute) Sprint as fast as possible.

Day 5



