Workouts should consist of: 10-15min dynamic warm-up

Sprint work

1 mile slow cool-down

Stretch

  Forwards Backs

|  |  |
| --- | --- |
| First Week  Day 1                2 x 440 yds (Fast)                          4 x 220 yds (Fast | 2 x 440yds (Fast)  4 x 220yds (Fast |
| Day 2                4 x 330 yds (Fast)                          4 x 110 yds (Fast) | 4 x 330yds (Fast)  2 x 110 yds (Fast)  2 x 110yds (Full) |
| Second Week  Day 1               3 x 440 yds (Fast)                         3 x 220 yds (Fast) | 3 x 440 yds (Fast)  3 x 220 yds (Fast) |
| Day 2               2 x 330 yds (Fast)                         2 x 220 yds (Fast)                         4 x 110 yds (Fast) | 2 x 330yds (Fast)  2 x 220 yds (Fast)  2 x 110 yds (Fast)  2 x 110 yds (Full) |
| Third Week  Day 1               4 x 440 yds (Fast)                          5 x 85 yds (Fast) | 4 x 440 yds (Fast)  5 x 85 yds (Fast) |
| Day 2               1 x 440 yds (Fast)                         2 x 220 yds (Fast)                         3 x 110 yds (Fast)                         4 x 85 yds (Fast) | 1 x 440yds (Fast)  2 x 220yds (Fast)  3 x 110 yds (Fast)  4 x 85 yds (Fast) |
| Fourth Week  Day 1               4 x 85 yds (Fast)                         4 x 110 yds (Fast)                         1 x 220 yds (Fast)                         1 x 440 yds (Fast)                         1 x 220 yds (Fast)                         4 x 110 yds (Fast)                         4 x 85 yds (Fast) | 4 x 85 yds (Fast)  4 x 110 yds (Fast)  1 x 220 yds (Fast)  8 x 55 yds (Full)  1 x 220 yds (Fast)  4 x 110 yds (Fast)  4 x 85 yds (Full) |
| Day 2              5 x 85 yds (Fast)                        4 x 110 yds (Fast)                        2 x 220 yds (Fast) | 2 x 220 yds (Fast)  4 x 110 yds (Fast)  5 x 85 yds (Full) |
| Fifth Week  Day 1             3 x 220 yds (Fast)                       6 x 110 yds (Fast)                       9 x 85 yds (Fast)                       10 x 55 yds (Full) | 11 x 25 yds (Full)  7 x 85 yds (Fast) 3 x 110 yds (Fast)  3 x 110 yds (Fast) 2 x 85 yds (Full)  3 x 220 yds (Fast) 11 x 25 yds (Full) |
| Day 2            2 x 220 yds (Fast)                      4 x 110 yds (Fast)                      8 x 55 yds (Full) | 2 x 220 yds (Fast)  6 x 110 yds (Fast)  9 x 25 yds (Full) |

Fast-indicates a 80% sprint

Full- means 100% full on sprint

Forwards Backs

|  |  |
| --- | --- |
| Sixth Week  Day 1                10 x 25 yds (Fast)                           5 x 85 yds (Fast)  3 x 110 yds (Fast)  4 x 220 yds (Fast)  3 x 110 yds (Fast)  4 x 85 yds (Full)  10 x 25 yds (Full) | 4 x 220 yds (Fast)  3 x 110 yds (Fast)  3 x 110 yds (Full)  5 x 85 yds (Fast)  5 x 85 yds (Full)  1 x 440 yds (Fast) |
| Day 2                2 x 220 yds (Fast)                          8 x 110 yds (Fast)  4 x 85 yds (Fast)  14 x 25 (Full) | 2 x 440 yds (Fast)  2 x 220 yds (Fast)  6 x 110yds (Full) |
| Seventh Week  Day 1               3 x 330 yds (Fast)                          10 x 45 yds (Fast)  18 x 55 yds (Full)  10 x 25 yds (Full) | 2 x 330 yds (Fast)  12 x 55 yds (Full)  1 x 330 yds (Fast) 1 x 330 yds (Full)  10 x 85 yds (Full) 10 x 25 yds (Full) |
| Day 2               1 x 330 yds (Fast)                          10 x 85 yds (Fast)                          10 x 55 yds (Full)  18 x 25 yds (Full) | 1 x 330yds (Fast)  10 x 85 yds (Full)  9 x 25 yds (Full)  10 x 55 yds (Full)  9 x 25 yds (Full) |
| Eighth Week  Day 1               10 x 110 yds (Fast)                          5 x 85 yds (Fast)  5 x 85 (Full)  10 x 55 (Full) | 10 x 110 yds (Fast)  10 x 85 yds (Full)  10 x 55 yds (Full)  26 x 25 yds (Full) |
| Day 2               19 x 25 yds (Full)                          15 x 55 yds (Full)                          10 x 110 yds (Fast) | 19 x 25 yds (Full)  15 x 55 yds (Full)  10 x 110 yds (Full) |
| Ninth Week  Day 1               15 x 25 yds (Full)                          10 x 55 yds (Full)                          5 x 85 yds (Full)  3 x 110 yds (Fast)  2 x 220 yds (Fast)  3 x 110 yds (Fast)  5 x 85 yds (Fast)  10 x 55 yds (Full)                         15 x 25 yds (Full) | 15 x 25 yds (Full)  10 x 55 yds (Full)  5 x 85 yds (Full)  3 x 110 yds (Fast)  2 x 220 yds (Fast)  3 x 110 yds (Full)  5 x 85 yds (Full)  10 x 55 yds (Full)  15 x 25 yds (Full) |
| Day 2               4 x 220 yds (Fast)                         10 x 85 yds (Full)                         10 x 55 yds (Full)  14 x 25 yds (Full) | 3 x 220 yds (Fast)  2 x 110 yds (Full)  10 x 85 yds (Full)  10 x 55 yds (Full)  14 x 25 yds (Full) |