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

Sprint work

1 mile slow cool-down

Stretch

   Forwards Backs

|  |  |
| --- | --- |
| First WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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 WeekDay 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) |