



# PEAK PERSONAL TRAINING ONLINE PERFORMANCE

## Peak Performance speed training programme

### Introduction

**Speed is crucial for all sports performance. It's often said that people are born fast and that little can be done to increase speed. However, although there are people who are born with a preponderance of speed and power producing fast twitch muscle fibres, which naturally make them fast and explosive, the majority of us will have a pretty even distribution between fast and slow twitch (aerobic, endurance orientated) muscle fibres. Thus what becomes crucial in the search for speed is the way in which we train our bodies and in particular our muscles' fibres (and our neuromuscular and central nervous system) to boost our speed. This Peak Performance speed training programme is designed to do just this. It combines specific speed (running) workouts with complimentary weights and plyometric (jumping exercises) conditioning routines.**

**This Peak Performance training programme is primarily designed to improve out-and-out linear speed, ie 40m performance**

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### Who is the Peak Performance speed programme for?

The programme is suitable for all sportsmen and sportswomen who have been training consistently for a sport or in the gym for at least a year. You will need to have some basic strength levels and fitness before commencing the programme. Speed training is very demanding and it places considerable strain on the body – in particular its soft tissue (ligaments, tendons and muscles). Although the programme is progressive and develops speed and condition gradually, it is advantageous to have a base of fitness on which to build more specific and (positively) stressful speed specific fitness.

Footballers, rugby players, hockey players, tennis players and other racquet sport athletes as well as, more obviously, sprinters and track and field horizontal and vertical jump athletes will also benefit from the programme.

Distance runners can also benefit, perhaps as a break from their normal steady-state aerobic based workouts and also as way to boost their running economy and speed. This is because the faster runner – whatever their distance – will be the winning athlete. Note: combining the speed programme with high mileage will be counter-productive to the programme's desired outcome.

### Do you need any specific equipment?

All the workouts use equipment that should easily be available. For the majority of the sprint work a running track is ideal, but dry flat grass will also be suitable. Do not train regularly on concrete because of the heavy impact forces involved. However, the occasional hill sprint session is acceptable on this surface – although these sessions should preferably be performed on suitable grassy terrain. You'll also need a stopwatch – and ideally a training partner/coach so that you can record your times accurately. Note also: for some of the very heavy weight training sessions it is also advisable to have a training partner on hand to spot for you.

### Clothing

Depending on the time of the year you'll need gear that keeps you warm or cool and dry. However, whatever the climatic conditions you should wear kit that enables you to move freely.

Long or short sports tights are a good investment – these may or may not offer compression (compression garments are designed to support the muscles and research indicates that they can boost performance).

### Footwear

Ordinary training shoes will suffice initially for most of the workout, but if you are really serious about developing your speed then purchasing some speed training shoes/racing flats or even spikes will be advantageous. However, if you are not used to the latter you should progress carefully, perhaps only wearing them initially for a couple of runs in a session before wearing them consistently. They offer much less cushioning than training shoes and will place greater strain on your body

due to the greater speeds achievable and forces that your body will be subject to. Pay particular attention to your Achilles tendons as they can be subject to soreness/injury even in the best conditioned athletes, when sprint training. Calf raises are included in the PP speed training programme not only to power up these key sprint muscles but also to promote Achilles tendon resilience.

### How often will I need to train?

The programme involves 4-6 weekly sessions. These are designed to gradually progress your speed capability and develop your body's resilience to them over time to avoid potential injury. The programme is designed to bring you to a speed peak toward the end of the programme.

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## Warm-up : Warming up for speed

**You should use this workout prior to all your speed sessions. Note in the specific workouts that follow the number of sprint drills – also described as ‘dynamic mobility drills’ – are denoted. You should select the drills from the following and vary them from workout to workout when training – the number of repetitions and the intensities at which they should be performed (where relevant) is given in each workout programme.**

### Go slow to go fast

If you have not trained regularly for speed and power then you will need to spend some time getting your body ready before you go flat out. This cautious approach will reduce injury risk and condition you to withstand the forces that your body will be subject to. Even if you are specifically well conditioned you should always approach a new drill or skill with appropriate caution. Just because you are fast in a straight line for example, will not make your body necessarily adept or conditioned to withstand fast changes of direction. Always underestimate what you think you can achieve and learn the technique of each drill before performing them at 100% effort. Over-speed work is particularly stressful and caution should be applied – see our section on speed types.

### Kit and environment

As noted you should wear kit that will keep you warm or cool and allow you to move. Compression clothing may be useful in this respect.

### Hydration and refuelling after a workout

● Keep hydrated – as workouts will last around an hour, water should be sufficient, although you can use sports drink containing carbs and electrolytes. Energy drinks (with their carb content) are best for activities in excess of an hour. If used the hydration and energy replenishment process should start straightaway, ie by drinking every 20 minutes or so, after commencing exercise. In any case you should also be hydrated prior to the workout. After the workout a recovery drink/bar should be consumed to kick-start the refuelling process of muscle carbohydrate (glycogen) and protein re-synthesis in your muscles. Sprint and weights workouts can create microscopic tears in muscles and it is the repair of these in training downtime that builds stronger and more powerful muscles.

### Workout objective:

- 1) To warm up safely, effectively and specifically for straight line speed and heighten your neuromuscular system (this will get you mentally ready to move as fast as you can).
  - 2) To take you to the point when you are ready to perform the main part of your speed/power session
- Estimated time to complete: 20-25 min.

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## Part A: Raise body temperature by jogging for 3-5 minutes

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### Part B: Dynamic mobility drills (sprint drills)

These drills take your muscles through the range of movement required for sprinting.

#### A) High knee lift, with clawing action of lower leg

**Objective:** to improve balance and sprint posture and warm up the calf and hamstring muscles

Stand tall and lift one thigh to a parallel to the ground position and extend your lower leg forward. Then sweep it (and all your leg) down toward the ground, beneath and up behind your body, pulling your heel up toward your butt, whilst stepping forward with your other leg as you do so. Repeat this cycling movement. Basically you are performing the running action at walking pace.

##### Technique tips:

- Keep chest elevated
- Make foot contacts on the balls of your feet
- Coordinate your arms with your legs – that's opposite arm to leg
- Do: 3 x 20m

#### B) Lunge walk

**Objective:** to warm up the hips and hamstrings

Stand tall and take a large step forward, to place your foot flat on the ground. Lift from your front leg and step into another lunge. As you pull your rear leg through to the front, take its heel up toward your butt (this makes the drill even more running specific).

##### Technique tips:

- Keep your chest elevated
- Coordinate your arms with your legs
- Do: 3 x 10 lunges

#### C) Arm circles

**Objective:** to dynamically warm up the shoulders

Begin slowly jogging and cycle your arms around your head, brushing them past your ears, whilst keeping them long.

##### Technique tips:

- Keep your chest elevated
- Do single and double arm swings, taking your arms forwards and backwards
- Do: 4 x 20m, with a walk back recovery

#### D) Leg cycling

**Objective:** to warm up the hamstrings for sprinting

Stand tall, side-on to a wall or rail on tip-toes and place your inside hand on it for balance. Lift your thigh closest to the rail to a position parallel to the ground, extend its foot away

from your the body and then sweep it down, round and under your body, before pulling it through to the start position (this completes one leg cycle). Complete designated number of cycles and repeat on other leg.

##### Technique tips:

- Keep your chest elevated
- Don't allow your body to hinge excessively as you cycle your legs beneath you. If this happens a lot, then slow the movement down. This movement indicates a lack of relevant core stability (and technical proficiency)
- Do: 4 x 10 (L&R) with 30 sec. recovery between sets

#### E) 'T' stretch

**Objective:** to warm up the back, legs and shoulders

Lie on your back with your arms outstretched in line with your shoulders. Keep your palms on the ground. Your legs should be straight out in front, with heels shoulder-width apart. This forms the 'T' shape. Next, lift one leg straight up toward your head. At the sticking point (the point when you can't pull the leg back further) rotate your leg across your body in an attempt to touch the outstretched hand to the opposite side. When your shoulders lift from the floor, pause and bring your leg back to the centre, before slowly lowering it to the ground. Keep your other leg pressed into the ground. Complete your designated number of reps and repeat to other side.

##### Technique tips:

- Keep the movement smooth
- Hold the stretch for 5 seconds on each side
- Do: 6 to the left and to the right

#### F) Leg swings

**Objective:** to dynamically stretch the hip flexors (muscles at the top of the thighs) and hamstrings

Walk forwards, swinging one leg up in front of your body (with control) at a time. Try to touch the palm of your other hand (this should be held approximately parallel to the ground and coordinated with your leg actions). Alternate limb positions as you walk forward (it's opposite foot to opposite hand).

##### Technique tips:

- Perform slowly and with control
- Maintain a slight bend at the knee joint of the swinging leg
- Keep your chest elevated
- Think about swinging your leg back behind your hips as well as forwards – but without letting your torso bend forward in response
- Do: 4 x 20m

#### G) Marching high knees

**Objective:** to improve knee lift and drive

Begin walking forward – lift each knee in turn to a thigh parallel to the ground position and then quickly drive the leg back down. Contact the ground with the ball of the foot and immediately lift the other leg to a thigh parallel to the position and then drive its foot back down. Repeat as described for required distance.

**Technique tips:**

- Keep chest elevated
- Coordinate arms with legs
- Each step should be snappy and dynamic
- Do: 4 x 20m

**H) Straight leg bounds**

**Objective:** to improve foot-to-ground speed of contact

Begin jogging and then, keeping your legs straight, lift each in turn in a sort of goose stepping action, to strike the ground powerfully just in front of you as you pull your legs toward the ground – strike the ground with your forefeet. Keep your toes up.

**Technique tips:**

- Keep your chest up
- Gradually increase your speed over your reps and as you become more familiar with the drill
- Do: 4 x 20m

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**Part C: Neuromuscular enhancement drills**

After you have performed the specific warm up drills you move onto further stimulating your neuromuscular system, so that you'll be in optimum speed shape when it's time to sprint flat out, for example, in the main part of your workout. You'll see from the workouts that these drills are not performed for all the sprint workouts; this is because they are intense and tax the central nervous system (CNS). Their inclusion, therefore, needs to be balanced against the need to maintain the CNS at 100% efficiency and the overall needs of the training programme.

These drills will engage body and mind and recruit your speed and power producing fast twitch fibre – they'll 'hype' you up and stimulate your physiology for the quick reactions necessary for optimum speed.

**A) Hand to knee drill**

Assume a medium lunge position. Hold the palm of one hand approximately parallel to the ground and in front of the leg that is behind your body (you will have to angle your arm down slightly).

When you are ready, drive your knee toward the palm of your extended hand as fast as possible to make contact with it. Take the leg back, pause and repeat. Complete your designated number of reps and repeat with the other leg.

**Technique tips:**

- Don't take your hand to your knee
- Initiate the movement from your hip flexor (the muscle at the top of your thigh)
- Think 'sharp and snappy'

- Do: 5 reps on each leg

**B) Leg cycle from leg swing**

Assume the same start position as for the leg cycling drill (drill D above). This time swing the leg backwards and forwards of your body. Maintain a slight bend at the knee joint. Perform two swings like this and then when the leg reaches a near to parallel to the ground position to the front of your body, sweep it, down and round, underneath your body and back to the front as fast as you can. Perform another two swings and repeat.

**Technique tips:**

- Start slowly to build up relevant exercise confidence (and in particular hamstring strength) – although ultimately the drill should be performed as fast as possible to derive its neuromuscular benefits.
- Do: 5 cycles on each leg

After performing these drills you will be ready to perform the main part of your session. However, prior to doing so, you should perform some fast strides over 40-60m with good recovery. Do 4-6 runs.

Strides are gradually increasing speed runs. They emphasise fluid and relaxed running with the focus firmly placed on smooth technical execution. If using spikes you should put these on for the last 3-4 runs.

**The repetitions suggested for the above drills are a guideline only. You'll also see from the programmes that the numbers of drills for each of the running sessions are specified.**

**Cool down**

You should always cool down after your workouts in order to reduce potential muscle soreness and return your body to steady state. Perform 5 minutes of gentle CV work and perform some held stretches – focusing on your hamstrings, hip, calf muscles and Achilles tendons. You'll see in the actual programme that there are some slightly different formats – these are included to boost your recovery for subsequent workouts.

**The components of the speed programme**

Speed can be developed with various conditioning components, such as weight training and plyometric exercises. You'll find speed conditioning sessions including these training ingredients in the programmes.

As with the speed programme it is assumed that you will have basic familiarity with the exercises used. If you don't then it is suggested that you spend time getting used to them for

4 - 6 weeks as independent workouts in their own right before tackling them and the speed elements. And even then you should not underestimate what you think that you can achieve. It will take time for your body to get used to the dynamic nature of the programme and it is better to progress slowly to avoid potential injury. For example, it would not be advisable to lift near to maximum weights as fast as possible in your first

workout, if you have never done any similarly intense sessions in the past.

Plyometric drills and weight training form a specific part of the Peak Performance speed programme – these are designed to compliment the sprint sessions and enhance the capacity of your fast twitch muscle fibre. These training ingredients are covered in more detail in the sections that follow.

# Plyometric drills and weight training

## a. Plyometric exercises for speed conditioning

### What is a plyometric exercise?

Plyometric exercises are a great speed conditioner. Basically any exercise that involves a dynamic shift from absorption of force to the expression of force is a plyometric exercise. So if you hopped on the spot you'd be performing a plyometric exercise. To get a little more technical, and using the hopping exercise to further explain, on landing from the hop your hips, thigh and calf muscles would be 'put on stretch' (this is technically known as an 'eccentric' muscular contraction), they then transfer power by way of an immediate shortening muscular contraction (technically known as a 'concentric' muscular contraction). This pattern of muscular contraction is also known as the 'stretch shortening cycle'. Muscles are able to generate huge amounts

of force during a plyometric activity. Training with plyometric exercises is therefore a great way to develop/increase speed, power and agility.

### Plyometric training tips

- Always warm up specifically – see section 6 (warm up)
- Wear well cushioned trainers
- Perform on dry flat grass, a running track or sprung sports hall floor
- Remain focused and in the zone throughout your workout – think 'quick' to be 'quick'
- Always underestimate the training load that you think you'll be able to handle when starting plyometric training
- Make your ground contacts as quick as possible; don't spend time on the ground. Emphasise reaction over attempting to achieve height or distance

**Table 1: Plyometric drills and level of intensity**

Plyometric exercise	Examples	Intensity
Standing based jumps performed on the spot	Tuck-jumps, split-jumps, squat-jumps, line bounce	Low
Jumps from standing	Standing long jump,  Standing hop,  Standing jump for height	Low-medium
Multiple jumps from standing	5 consecutive bounds	Medium
	2 x 6 bunny jumps	
	Double footed jumps over 4 hurdles	Medium
	Double footed jumps up steps	
Multiple jumps with run up	Triangle hop	Medium Low-medium
	3 x 2 hops and jump into sand pit with 11-stride approach	High
	2 x 10 bounds with a 7-stride run up	High
Depth jumping (Recommended drop height 40-100cm). The higher the height the greater the strength component, the lower, the greater the speed component	2 x 6 jumps – down and up	High
	Run to hop off low box onto one-leg landing followed by three subsequent hops	Very high
	Bounding up hill	Very high



It is assumed that the reader will be familiar with the majority of the plyometric exercises included in the table – however, descriptions follow for the less well known.

### **Line bounce**

Stand in front of a line on a running track (or suitable surface). Using a double-foot take-off, jump over the line using a low short trajectory. Land on your forefeet and immediately jump back over the line. Land and jump forward and then back again. Swing your arms by your hips to assist your speed.

The aim is to perform the line bounce as fast as possible.

### **Triangle hop**

Stand facing an intersection of straight lines on a running track (or suitable surface). From the right bottom of the 'cross', hop forward from your right foot, using a low, short trajectory. On landing, hop over the vertical line to the left – again using a short, low trajectory, land and then hop back diagonally to the start position to complete one rep. Continue hopping this path for the designated number of repetitions and then swap legs.

### **Straight leg jumps**

Predominately using your calf muscles, jump up into the air, land, and keeping your legs virtually straight, react as quickly as you can to transfer into another jump. Land on your forefeet. Use your arms to add to your speed by swinging them backwards and forwards past your hips, in time with your jumps.

## **b. Weight training**

Weight training is a key ingredient of virtually all sports conditioning programmes. However, it is imperative that the 'right' weight training is done. The Peak Performance speed training programme uses a weight training approach highly complimentary to speed development.

This is comprised of specific exercises, such as the squat and calf raise, but perhaps more importantly, uses loadings (ie the weight on the bar) that will bring about the greatest speed returns. To increase the speed and power generating capacity of your muscles – as with sprinting – you have to target your fast twitch muscle fibres and in particular the ones that can generate the most power. These are your type IIb fibres. These are specifically targeted by heavy weights (in excess of 80% of your 1 rep maximum) and also by attempting to perform the lift as quickly but as safely as possible.

Although you won't be able to move the weight as fast and achieve the same rate of muscle firing as you would when sprinting, it is the neural contribution to the exercise in attempting to do so that is key. The idea is that by being able to switch on your type IIb fast twitch muscle fibres in the weights room you will be able to utilise them to a much greater extent when sprinting.

You should be familiar with most of the lifts in the Peak Performance speed training programme – if not, spend some time learning the techniques with lighter weights before using the heavy weights indicated in the programmes.

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## **Speed Types**

In the programme, reference is made to several different 'speed types'. By combining these in a progressive and systematic way, out-and-out speed capability (one of the types) will result – the goal of this programme. Although you may think that sprinting flat out every session would develop this capability, the reality is that although progress will be reasonably swift at the start, the body and more importantly the mind (CNS) would not be able to cope with such a constant and very taxing training load over time. Rather workouts and their content need to be constantly cycled and progressed to bring about maximum adaptation to training loads, and this is what the three-month training plan is designed to do. Additionally sprinting, for example at 95% effort, can be very productive in terms of learning optimised sprint technique and preserving mental and physical energy – this is described as 'optimum speed' (see below).

### **Speed types:**

#### **1. Optimum speed**

Although it may not be apparent, on occasions too much speed can be detrimental to performance. If a long jumper, for example, builds up too much speed on the runway, he or she may be unable to take off into an effective jump. This is because there will be too little time on the take-off board to generate enough force to convert speed into height and distance. Research indicates that most long jumpers, for example, take off at 'only' 96-98% of their actual maximum velocity.

In this report we are primarily concerned with the development of linear out-and-out speed. There are sprint workouts where the speed of performance is indicated at 95% (or other) effort – this allows you to concentrate on optimising your sprint technique and also to preserve neural and physical energy across the training plan as indicated. Training adaptation would be compromised if you were to try to perform sprint sessions and their associated other conditioning programmes at 100% effort day in day out.

#### **2. Out-and-out speed**

There are obviously some activities that demand the full unbridled release of speed – sprinting being the most obvious example. But it is important to note that, whilst the sprinter needs to move his or her limbs as fast as possible, this must be performed with relaxation, since the effort involved in 'trying too hard' will tighten muscles and inevitably slow performance. Out-and-out speed therefore calls for mastery of relevant technique, plus the ability to relax while the body is operating at maximum intensity. To perform a sports skill as fast as possible the CNS system is crucial – muscle firing rates must be optimised and training must be constructed to permit this

#### **3. Acceleration**

In order to achieve out-and-out or optimum skill/sports speed, a period of acceleration is usually needed. Sprinters leave their

blocks from a stationary start, whilst a footballer may need to turn and sprint from a relatively static or off-balance position in order to get onto the end of a pass, whilst a tennis player must deliver his or her serve from a stationary base. Developing this accelerative ability calls for different training methods and practices from those used for out-and-out speed and other speed type development. The PP speed programme contains specific training ingredients designed to boost your acceleration and therefore your out-and-out speed – hill sprints, for example, are included in the month-by-month workouts, as well as starts from different positions.

#### 4. Endurance speed

Endurance athletes, such as marathon runners and triathletes, often neglect speed training but it is actually crucial to their success. The faster an endurance athlete is:

- The easier it will be for him or her to cruise at slower speeds during training and competition (they will have better ‘running economy’ – note this also relies on lactate tolerance)
- The more power they will have for challenges such as hill climbs
- The better he or she will be at surging during a race to burn off the opposition
- The more he or she will have in reserve for a killer sprint finish

Endurance speed is defined for the purposes of this special report as the ability to sustain repeated powerful and fast muscular contractions over predominantly aerobic race and training conditions.

#### 5. Reaction speed

In many sports, a skill has to be performed in response to a cue. This cue could be aural, as with a sprinter reacting to the starting gun, or visual, as with a boxer avoiding a punch, a footballer responding to a change in the opposing team’s formation, or a cricket batter reacting to a delivery. The neuromuscular drills are designed to enhance your reactions.

#### 6. Speed endurance

Speed endurance can be defined as the ability of the body to perform an activity at a very fast speed under conditions of anaerobic energy production. Examples include, 200, 400 and 800m running and tennis match play over long rallies. This speed differs from endurance speed in that the training methods used to condition it are more short-lived and focus on the anaerobic energy systems. Interval training is a key training method for speed endurance.

Interval training basically divides periods of ‘effort’ up with periods of rest. Performing 6 x 40m sprints, with 3 minutes’ recovery between efforts is an example of an interval training session, in this case one that would develop out-and-out speed.

#### 7. Body part speed

For some sports a particular limb must move as fast as possible – to throw an implement, as required by the discus throw, for example. Although speed and power are needed throughout the thrower’s body, their arm is the crucial link in the ‘speed chain’, as it ultimately advances the implement to optimum velocity at the point of release. If the arm is not fast enough, distance achieved will obviously be compromised.

#### 8. Team speed

The need for team speed is obvious in the case of a sprint relay team but is also crucial to the success of virtually all other team sports, where players must move quickly and in concert, for example, in order to score a try or defend as a unit in rugby. Developing this ‘shared speed’ should be a training requirement in such sports.

#### 9. Rotational speed

Rotational speed is a vital quality in many sports. Footballers rotate their bodies to turn and chase down opponents or the ball, whilst tennis players have to ‘wind’ up to hit a serve, a baseline forehand or backhand pass. In track and field, discus throwers spin with almost balletic grace before releasing their implements and with the incredible force needed to achieve huge distances. Rotational speed can be vastly improved by the use of appropriate drills and training methods.

#### 10. Agility speed

Agility is another key sports speed requirement, characterised by quick feet, body coordination and fast reactions. Its execution depends on a mixture of balance, out-and-out speed, acceleration speed, strength, flexibility, coordination and, crucially, sports specific skill. Although the athlete’s agility, relies heavily on the possession of optimum sports technique and ‘match sense’, it can be enhanced by specific agility speed conditioning.

It should be considered that agility is really a form of power training and not necessarily, despite the inclusion of it in this list of speed types, a separate entity. Additionally, too much agility training can programme in spurious motor engrams (patterned ways of moving and reacting stored in the brain) that are actually not relevant to sports requirements. This is why the PP speed programme predominantly uses specific sprint action patterning drills, rather than arguably less relevant ones, such as speed/floor ladder drills.

#### 11. Over-speed

This is the term used to describe training efforts that allow athletes to perform a speed skill to a level beyond which would normally be achievable. It can involve the use of specialist equipment, such as elastic cords, which literally drag the athlete to higher velocities and other specialist speed training systems and protocols. Lower-tech options include downhill sprinting and throwing lighter implements or balls than those used in competition for throwing athletes. The PP speed training programme utilises downhill running. For this, the gradient should only be very gradual – between 1–4 degrees.

#### SPRINT DRILLS

**All the sprint workouts should be preceded by sprint drills; an array of these should be performed as part of your warm up – see the warm up section. These will help improve your running technique and specifically strengthen your sprinting muscles. They will also ‘fire up’ your mind and muscles for your workout.**

# The programme

The information in the programmes should be easy to follow, as it has been defined and explained in the preceding sections.

You'll note that after the warm up each session has a 'Content A' and a 'Content B'. These represent the two main parts of the workout, for example, sprints and weight training. You should rest between the two components – the suggested period is indicated in the training programme.

## Month 1

### Month aims:

The aim of your first month of training is to prepare your body and mind for sprint training. The majority of the sprint sessions are performed at optimum speeds and below. There is also a slight emphasis on improving your speed endurance, see for example, week 1, session 1, content A – this is designed to boost your ability to handle the anaerobic demands of sprint training. You need to create within your muscles an elevated capacity to generate and recover quickly from anaerobic training – within a session, ie between reps, and between

sessions. Sprint training relies on the immediate anaerobic energy system, which supplies high-powered energy for up to 6-8sec. It relies on stored body chemicals, such as creatine phosphate and there is no reliance on oxygen to provide energy. Regular speed training will develop the capacity of the body to re-charge more quickly between efforts – boosting your recovery.

Non-track wise, ie with your weights and plyometric training, the first month is designed to develop a base of specific power in your sprinting muscles that will transfer comfortably into out-and-out speed – it's all about putting more horse-power into your muscles.

### Month 1 – week 1

Session	Content A	Content B	Comments
1	20m sprint drills. 4 drills, do each one twice @ 70% intensity Walk 50m; run 50m @ 75% effort; repeat 5 times, walk 400m and repeat	After 10min. 3 x 10 hops on the spot (left and right) 3 x 10 line bounce 2 x 10 straight leg jumps Take 30sec. between sets	Focus on technically correct execution
2	Weights Squats, shoulder press, lunge, leg curl, calf raise 3 x 8 @ 75%1RM Core exercises (of your choice, eg the plank and fit-ball back extension)	Take a good recovery between the weights exercises and perform them fast but safely, and with adherence to good technique Perform calf raises to a lifting count of 1 and a lowering count of 4-5. This will boost the strength of your Achilles tendons	
3	Rest		
4	20m sprint drills, 4 drills, do each one three times @ 80% intensity 6 x 80m @ 85% effort sprints	After 10min.	3 x 4 bunny jumps
5	Rest		
6	Weights – as day 2		Remember the slow lowering phase for the calf raises
7	Rest		



## Month 1 – week 2

Session	Content A	Content B	Comments
1	<p>20m sprint drills, 5 drills, do each one three times @ 80% intensity</p> <p>Walk 50m; run 50m at 85% effort; repeat 5 times, walk 600m and repeat</p>	<p>After 10min.</p> <p>4 x 10 hops on the spot (left and right)</p> <p>4 x 10 line bounce 4 x 10 straight leg jumps</p> <p>Take 30sec. between sets</p>	<p>These low intensity plyos will develop your reactive ability and improve your foot-strike over time</p> <p>Concentrate on smooth running technique while performing the running part of section A. These sessions are designed to build a base of specific fitness</p>
2	Rest		
3	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>Walk 50m; run 50m at 85% effort; repeat 6 times, walk 400m and repeat</p>		
4	<p>Weights</p> <p>Squat, shoulder press, lunge, leg curl, calf raise 4 x 6 @ 80% 1RM Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		Take a good recovery between the weights exercises and perform them fast but safely, and with adherence to good technique
5	Rest		
6	<p>15m sprint drills, 3 drills, do each one three times @ 80% intensity</p> <p>3 x 30m sprints from standing start @ 95% effort</p>	<p>Take 10min. rest</p> <p>3 x 200m @ 70% effort</p>	<p>For the 30m runs use a standing start. Lean forward and push the ground behind you as you accelerate</p> <p>For the 200ms take sufficient recovery so that you are able to run each one with good relaxed form</p>
7	<p>Weights</p> <p>Squat, shoulder press, lunge, leg curl, calf raise</p> <p>1 x 8 @ 70% 1RM</p> <p>2 x 5 @ 75% 1RM</p> <p>2 x 3 @ 80% 1RM</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>After 10min.</p> <p>3 x 8 bounds from standing</p> <p>2 x 6 hops (left and right leg) from standing</p>	<p>For the plyometrics take 45 sec. – 1min. between each rep and 2min. between sets.</p> <p>Focus on quick ground contacts and transition into the next step or hop</p>

## Month 1 – week 3

Session	Content A	Content B	Comments
1	<p>20m sprint drills, 3 drills, do each one three times @ 90% intensity</p> <p>Walk 50m; run 60m at 85% effort; repeat 6 times, walk 400m and repeat</p>	<p>Take 10min.</p> <p>2 x 10 hops on the spot (left and right)</p> <p>2 x 10 line bounce 3 x 10 straight leg jumps</p> <p>3 x 4 bunny jumps</p> <p>Take 30sec. between sets</p>	<p>Remember to make your plyometric ground contacts as fast as possible</p>
2	Rest		
3	<p>Weights</p> <p>Squat, shoulder press, lunge, leg curl, calf raise</p> <p>1 x 8 @ 70% 1RM</p> <p>2 x 5 @ 85%1RM</p> <p>2 x 3 @ 90% 1RM</p> <p>Leg curl 4 x 6 @ 70% 1RM</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		<p>Leg curls are introduced in this section – perform these to a 3 lowering count and 1 lifting count.</p> <p>This exercise will build up eccentric muscle hamstring strength and assist against sustaining an injury</p>
4	Rest		
5	<p>20m sprint drills, 5 drills, do each one three times @ 90% intensity</p> <p>3 x 20m; 3 x 30m; 2 x 40m sprints @ 95%</p>	<p>Take 10min.</p> <p>Bounds 3 x 20m</p> <p>Hops 2 x 15m (left and right)</p> <p>Drop jumps 2 x 4 – jump down and forwards for distance</p>	<p>Use a standing start for the optimum speed sprints and work just below maximum speed. This is your first really intense speed training session. Take a full recovery between runs</p>
6	Rest		
7	<p>20m sprint drills, 4 drills, do each one three times @ 95% intensity</p> <p>Include the neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>3 x 40m out-and-out sprints</p> <p>2 x 60m out-and-out sprints</p>	<p>Take 10min.</p> <p>2 x 10 hops on the spot (left and right)</p> <p>2 x 10 line bounce</p> <p>3 x 10 straight leg jumps</p> <p>3 x 4 bunny jumps</p> <p>Take 30sec. between sets</p>	<p>Your first proper out-and-out speed session. Get someone to time you and record your performances. Take a full 3-6 minute recovery between runs. The person timing you should start the stopwatch on your first step forward from the line.</p> <p>Use this session to benchmark your progress</p>

## Month 1 – week 4

Session	Content A	Content B	Comments
1	Rest		
2	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>4 x 60m fast, slow, fast</p> <p>3 x 60m @ 95%</p>	<p>Take 10min.</p> <p>Bounds 3 x 20m</p> <p>Hops 2 x 15m (left and right)</p> <p>Drop jumps 2 x 4 – jump down and forwards for distance</p>	<p>Take a full recovery between all runs. For the fast, slow, fast runs divide the 60m distance into 20m sections. Start from standing and sprint the first 200m; relax ie drop down to about 90% effort and then sprint flat out for the final 20m, while remaining relaxed</p>
3	<p>Single leg press</p> <p>Single arm rows</p> <p>Calf raise</p> <p>Weights 3 x 6 @ 80% 1RM</p> <p>Leg curls 4 x 8 @ 70% 1RM</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		<p>The single leg press is introduced. Sprinting is a unilateral activity and therefore it makes sense to weight train the legs one at a time as well. The same rationale applies to the introduction of the single arm row. It is also a more sprint specific exercise than the bench press, for example</p>
4	Rest		
5	<p>20m sprint drills, 4 drills, do each one three times @ 100% intensity (where practical)</p> <p>Include the neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>4 x 40m out-and-out sprints with a 10m roll on</p>	<p>Take 20min.</p> <p>3 x 200m runs @ 75% effort</p>	<p>With the 40m runs, use a jog-on start and then 'hit it' – go for leg speed, but try to keep relaxed – tension will put the brakes on</p> <p>Take a full recovery between the 200m runs – one that enables you to complete each run with good technique</p>
6	Weights as workout 3		
7	Rest		

## Month 1 – week 5

Session	Content A	Content B	Comments
1	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>Include the neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>4 x 40m out-and-out sprints</p> <p>1 x 80m out-and-out sprint</p>	<p>Take 10min.</p> <p>Bounds 3 x 20m</p> <p>Hops 2 x 15m (left and right)</p> <p>Drop jumps 2 x 4 – jump down and forwards for distance</p>	<p>Use a standing start for the sprints and time your efforts. Ensure that you take a full recovery</p>
2	<p>Weights</p> <p>1 x 10 @ 60% 1RM</p> <p>3 x 3 @ 95% 1RM</p> <p>Squat, single arm row, calf raise</p> <p>Leg curl 4 x 6 @ 80%</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		<p>This is the first very heavy weight training session. You need to focus and attempt to push out those 3 x 3 sets @ 95% 1RM as dynamically as possible. Make sure you do so with control and also with the squat and shoulder press ensure that you have a training partner or spotter on hand.</p>
3	Rest		
4	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>Include the neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>4 x 60m fast, slow, fast</p> <p>2 x 60m out-and-out sprints 1 x 100m @ 95% effort</p>	<p>Take 15min.</p> <p>Drop jumps 2 x 4 – jump down and forwards for distance</p> <p>2 x 4 drop down and hop for distance (left and right)</p> <p>2 x 4 drop down and perform 2 bounds</p>	<p>The sprint workout will be taxing, as you tackle longer distances at 100% (or near to) effort</p>
5	Rest		
6	<p>Weights</p> <p>1 x 10 @ 60%</p> <p>3 x 3 @ 90%</p> <p>Squat, single arm row, calf raise, single leg press</p> <p>Leg curl 4 x 6 @ 80%</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>Take 10min.</p> <p>3 x 10 hops on the spot (left and right)</p> <p>3 x 10 line bounce</p> <p>3 x 10 straight leg jumps</p> <p>3 x 4 bunny jumps</p> <p>Take 30sec. between sets</p>	
7	Rest		

## Month 2

### Month aims

After building a base of specific speed and power condition last month, you continue to do so this month. However, there is a greater emphasis on developing your accelerative capabilities as 'getting a quick get-away' is crucial to out-and-out speed development. Weights follow a similar format to the previous month as well. If you feel that you are becoming fatigued from

all the quality high intensity training – and even that you are beginning to feel slower, and not as reactive – then miss the odd session or train very light. Although the PP speed programme is designed to minimise accumulated fatigue, no two individuals will respond in the same way.

Signs of fatigue in sprint training include:

- Increased ground contact times when doing plyometrics
- Inability to lift as heavy weights and also lifts being performed at slower speeds

### Month 2 – week 1

Session	Content A	Content B	Comments
1	20m sprint drills, 4 drills, do each one three times @ 80% intensity  2 x 2 x 30 over-speed runs  3 x 30m out-and-out sprints with 10m roll on  (full recovery)	Extensive warm down eg 800m jogging, 10 min. of held stretches (holding each stretch for 10 sec., 2 stretches for each body part)  Target the hamstrings, quads, lower back and Achilles tendons	Over-speed training has its detractors, specifically in regard to negative adaption to the downgrade on the sprint action (running down a slope can have a negative effect on sprint biomechanics).  However, leg speed, and ground reaction forces can be enhanced by the training method. Use only a very slight 1-4% downgrade. Don't do more runs as the eccentric muscular contractions involved can lead to muscle soreness
2	Elongated warm up with 5-6 drills performed at medium intensity  Include good static stretching component as part of cool down	Take 10min.  6 x 80m strides @ 70%	This workout is included to enhance recovery from the previous day's workout
3	Weights  Single leg squats,  Shoulder press, leg curls  Calf raises 4 x 8 @ 75% 1RM Core exercises (of your choice, eg the plank and fit-ball back extension)	After 5min. Squat jumps Straight leg jumps Split squat jumps Drop jumps – step off land on two feet and jump for distance All 4 x 8	Research indicates that combining weights and plyometrics into the same workout will boost the response and power output of your fast twitch muscle fibres. The effect will be immediate within the session and accumulative across a number of workouts. The effect is known as 'potentiation' Take 30-60sec. between jumps and weights sets
4	Rest		
5	As session 3		Emphasise the slow lowering phase of the calf raises
6	Rest		
7	15m sprint drills, 4 drills, do each one four times @ 90% intensity  Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session  4 x 10m from prone position  2 x 20m from standing start  2 x 40m from standing start	Take 10min. recovery 2 x 160m @ 95% effort  (9 min. between runs)	For content A, regardless of start position, concentrate on a low driving position to boost your acceleration, with the work being done behind your body to push yourself forwards. The prone starts will get you in the 'mood' to move quickly. React to a signal or start when you are ready. For Content B use a 5m run-on.  This will be your most taxing sprint workout to date

## Month 2 – week 2

Session	Content A	Content B	Comments
1	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity 2 x</p> <p>2 x 30 over-speed runs</p> <p>3 x 30m out-and-out sprints with 10m run-on</p> <p>(full recovery)</p>		<p>See session 1, week 1, month 2</p> <p>Make sure that you are fully recovered between runs, so you can put in 100% effort</p> <p>With these sessions in particular you need to be in the zone</p>
2	<p>Elongated warm up with drills performed at medium intensity</p> <p>Include, good held stretching component as part of cool down</p>		<p>This session is designed to boost your recovery</p>
3	Rest		
4	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>3 x 40m uphill sprints</p> <p>3 x 40 sprints on flat</p>	<p>Take 10min.</p> <p>3 x 10 hops on the spot (left and right)</p> <p>3 x 10 line bounce</p> <p>3 x 10 straight leg jumps 3 x 4 bunny jumps</p> <p>Take 30sec. between sets</p>	<p>Use a slightly steeper grade for the uphill sprints – 4-10 degrees. The grade will boost your leg drive, knee lift and the use of your hip-flexors (the muscles at the top, front of your thighs)</p>
5	Rest		
6	<p>Weights</p> <p>Single leg press,</p> <p>Single arm row, leg curls</p> <p>Calf raises</p> <p>4 x 6 @ 85% 1RM</p> <p>Sprint arm action 3 x 20 sec. first rep with 2kg dumbbells, second with 1kg, last with no weight. 60sec. recovery between sets</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>Take 10min.</p> <p>Drop jumps 3 x 4 – jump down and forwards for distance</p> <p>3 x 4 drop down and hop for distance (left and right)</p> <p>3 x 4 drop down and perform 2 bounds</p>	<p>The sprint arm action drill with dumbbells in a sprint specific exercise. It's performed from a lunge position. Try to keep as relaxed as you can when performing the exercise. Pay attention to keeping your shoulders 'down'</p>
7	Rest		



## Month 2 – week 3

Session	Content A	Content B	Comments
1	<p>15m sprint drills, 4 drills, do each one three times @ 90% intensity</p> <p>3 x 30m uphill sprints</p> <p>2 x 40m downhill sprints</p> <p>2 x 30m sprints on flat, with 10m roll on</p>	<p>Speed bounds</p> <p>4 x 20m</p> <p>Straight leg jumps</p> <p>4 x 12</p> <p>Triangle hop 3 x 12 (left and right)</p>	<p>The combination of on the flat, uphill and downhill sprints was used by athletes from the former Soviet states to condition their sprinters</p>
2	Rest		
3	<p>Weights</p> <p>Single leg press</p> <p>Shoulder press</p> <p>1 x 8 @ 70% 1RM</p> <p>4 x 2 @ 95% 1RM</p> <p>Leg curls 4 x 6 @70% 1RM</p> <p>Lunges 4 x 6 @ 80% 1RM</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		<p>An intense weight session – give yourself lots of recovery to let your neuro-muscular system regenerate within the session to that you can fully commit to each set of exercises. At least 4-5min. between the 4 x 2 @ 95% 1RM lifts</p>
4	Rest		
5	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>3 x 3 x 30m sprints using a standing/3-point stance</p>	<p>3 x 120m 90% effort</p> <p>(7min. between runs)</p>	<p>A 3-point start is just that, with one arm held behind your body, with the elbow bent, your legs flexed and body leaning forward over the start line (this should be your opposite arm to the forward leg)</p>
6	Rest		
7	<p>20m sprint drills, 3 drills, do each one three times @ 90% intensity. Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>6 x 40m sprints</p>	<p>Elongated warm down</p>	<p>By now your speed and power should have increased significantly from when you started the programme. This should be reflected in your 40m times. Do some with a standing start and some from a 3-point start. Take 4-5min. recovery between runs and time them</p>

## Month 2 – week 4

Session	Content A	Content B	Comments
1	Rest		
2	20m sprint drills, 4 drills, do each one three times @ 80% intensity  4 x 40m uphill speed sprints  3 x 30m downhill sprints  2 x 40m sprints	Elongated warm down	The sprint session with its inclined, declined and flat sprints will really boost your sprint power and work on your technique. Take a long recovery between runs to allow your neuromuscular system to fire optimally. Make sure you warm down thoroughly
3	Rest		
4	Rest		
5	20m sprint drills, 4 drills, do each one three times @ 100% intensity  4 x 40m uphill sprints  3 x 30m downhill sprints  2 x 40m out-and-out sprints	Elongated warm down	See previous comments for this session (session 1)
6	Rest		
7	Weights  Single leg press  Single arm row  1 x 8 @ 70% 1RM  3 x 2 @ 90% 1RM  2 x 1 @ 100% 1RM Leg curls  3 x 6 @ 70% 1RM Lunges  3 x 6 @ 80% Calf raises  3 x 8 @ 80% 1RM  Core exercises (of your choice, eg the plank and fit-ball back extension)		Prepare yourself mentally for this session, especially the 2 single reps @ 100% 1RM – you are going for your best lifts

## Month 2 – week 5

Session	Content A	Content B	Comments
1	Rest		
2	<p>Weights</p> <p>Single leg press</p> <p>Shoulder press</p> <p>1 x 8 @70% 1RM</p> <p>3 x 2 @ 90% 1RM</p> <p>2 x 2 @ 90% 1RM Leg curls</p> <p>3 x 6 x 70% Lunges</p> <p>3 x 6 @ 80% Calf raises 3 x 10 @80%</p>	<p>3 x 3 x 30m speed bounds</p> <p>3 x 4 bunny jumps</p> <p>Take 30sec. recovery between reps and 2min. between sets</p>	
3	Rest		
4	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>3 x 30m downhill sprints</p> <p>2 x 40m uphill sprints</p> <p>2 x 30m sprints on flat with 10m run-on</p>	Take 15min. 1 x 300m time trial	<p>Although the aim of this programme is to boost out-and-out speed, by now you will have developed a good level of sprint condition and speed endurance. Going for a 300m time will provide an indication of the latter. Note: run the distance at about 85% effort – although you need to commit yourself. A time around 42sec. for men and 49sec. for women is an excellent starting point</p>
5	Rest		
6	<p>20m sprint drills, 4 drills, do each one three times @ 90% intensity.</p> <p>Include neuromuscular drills, such as dabs and the 'hand to knee' drills to fire you up for the session</p> <p>2 x 40m sprints</p> <p>2 x 60m sprints</p> <p>1 x 80m sprint Elongated warm down</p>	Take a full recovery between the sprints. Time them again to see how you are progressing	
7	<p>Weights</p> <p>Single leg squat</p> <p>Calf raise</p> <p>Leg curls</p> <p>Single arm row</p> <p>5 x 5 x@ 75%</p> <p>3 x 30sec. sprint arm action with 1kg dumbbells</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>Take 10min.</p> <p>Drop jumps</p> <p>3 x 6 down and forwards</p> <p>3 x 6 bunny jumps</p> <p>3 x 4 hops – left and right</p> <p>Take 30sec. between jumps and 2min. between sets</p>	

## Month 3 – week 1

### Month's aims

Entering the final month of the programme you should be feeling quick, dynamic and powerful. We now begin to taper your training so that in the last week you should record your fastest sprint times.

Session	Content A	Content B	Comments
1	20m sprint drills, 4 drills, do each one three times @ 80% intensity 3 x 30m uphill sprints 2 x 40m downhill sprints 2 x 30m sprints on flat with 10m roll on	Take 15min. 2 x 2 x 150m runs @ 95%	For content A, ensure that you take a full recovery for content B. Take 6min. between the pairs of 150s and 10 between sets – longer for the latter if you need it
2	Weights Single leg press 1 x 10 @ 60% 1RM 2 x 6 @ 80% 1RM 2 x 2 @ 90% 1RM Leg curls 4 x 4 @ 80% 1RM Sprint arm action 3 x 20sec. with 1kg dumbbells Core exercises (of your choice, eg the plank and fit-ball back extension)	Take 15min, Speed bounds 3 x 30m	Speed bounds emphasise the push back and drive forward on each stride – they can be described as straight leg bounds – they will improve your acceleration and out-and-out speed
3 Rest			
4	20m sprint drills, 4 drills, do each one three times @ 80% intensity 3 x 30m downhill sprints 3 x 30 uphill sprints – with 10m run-on 2 x 30m sprints on flat with 10m run-on	Elongated warm down	
5	Rest		
6	15m sprint drills, 4 drills, do each one three times @ 95% intensity – where practical 4 x 40m uphill over-speed sprints 3 x 30m downhill sprints 2 x 40m out-and-out sprints	Elongated warm down	Full recovery between sprints At this stage in your training programme a 'less is more' approach will bring with it greater dividends than piling on the sprints. Quality should always take precedence over quantity when it comes to speed development
7	Rest		

## Month 3 – week 2

Session	Content A	Content B	Comments
1	<p>20m sprint drills, 4 drills, do each one three times @ 80% intensity</p> <p>4 x 40m uphill sprints</p> <p>3 x 2 x 30m downhill sprints</p> <p>2 x 2 x 40m on flat sprints, with 10m run on</p>	Elongated warm down	With all sprints you should remain as relaxed as possible; by now your sprint technique should be well-honed and patterned
2	Rest		
3	<p>20m sprint drills, 4 drills, do each one three times @ 90% intensity – where practical</p> <p>4 x 10m</p> <p>2 x 3 x 40m 2 x 60m</p>	<p>Take 10min.</p> <p>1 x 120m sprint</p>	Full recovery between sprints. The 10m sprints should be performed from a 3-point start and the 120m with a jog on
4	Rest		
5	<p>20m sprint drills, 6 drills, do each one three times @ 80% intensity</p> <p>Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session 6 x 60m @ 95% effort</p>	<p>Take 10min.</p> <p>Line bounce</p> <p>3 x 10 Straight leg jumps</p> <p>3 x 10 Drop jump down and up 3 x 6 Speed bounds 4x20m Take 30sec. between jumps and 2min. between sets</p>	
6	Rest		
7	<p>20m sprint drills, 4 drills, do each one three times @ 100% intensity – where practical</p> <p>Include neuromuscular drills, such as dabs and the 'hand to knee' drills to fire you up for the session</p> <p>3 x 30/30/30</p> <p>2 x 20/20/20</p> <p>All 100%</p>	<p>800m jog warm down with good stretching session</p>	<p>Performing the drills at 100% requires you to fully engage your mind and body when performing them. The leg cycling drill is a particularly relevant one for maximum speed output. It will 'train' your CNS to produce the heightened responses needed for sprinting.</p> <p>For the 30/30/30 and 20/20/20 sessions take a full recovery between runs. They are performed from a standing or 3-point start with a flat out period of acceleration followed by a slight relaxation and flat out final phase – these are determined by the 20 and 30m spacings</p>

### Month 3 – week 3

Session	Content A	Content B	Comments
1	<p>Weights</p> <p>4 x 3 @ 90% 1RM</p> <p>Single leg press</p> <p>3 x 6 @ 80% 1RM Lunge, single arm row and calf raise</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>Take 10min.</p> <p>Drop jumps: double footed jump down from low height and jump for distance</p> <p>3 x 4</p> <p>Single leg jump down and jump for distance</p> <p>3 x 4 (left and right)</p>	<p>This is a light to medium session designed to restore CNS energy</p>
2	Rest		
3	<p>20m sprint drills, 5 drills, do each one three times @ 90% intensity where practical</p> <p>6 x 60m sprints @ 95%</p>	<p>Take 15min.</p> <p>100; 120; 100 sprints @ 80%</p>	<p>Don't run faster than the given intensity levels and make sure you warm down thoroughly</p>
4	Rest		
5	Rest		
6	<p>20m sprint drills, 4 drills, do each one three times @ 90% intensity – where practical. Include neuromuscular drills, such as dabs and the 'hand to knee' drills to fire you up for the session</p> <p>2 x 20m @ 100%</p> <p>3 x 30m @ 95%</p> <p>3 x 60m @ 95%</p>	<p>Take 15min.</p> <p>2 x 120m @ 90%</p>	<p>Take 10min. between the 120s and concentrate on smooth relaxed form. Allow complete recovery between content A and B</p>
7	<p>Weights</p> <p>4 x 3 @ 90% 1RM</p> <p>Single leg press</p> <p>3 x 6 @ 80% 1RM lunge and calf raise</p> <p>Sprint arm action 3 x 30 sec. with no weights</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>	<p>Take 10min.</p> <p>Drop jumps</p> <p>Double footed jump down from low height and jump for distance</p> <p>3 x 4</p> <p>3 x 3 bunny jumps</p> <p>2 x 20 speed bounds</p>	



### Month 3 – week 4

Session	Content A	Content B	Comments
1	Rest		
2	20m sprint drills, 5 drills, do each one three times @ 100% intensity where practical  30/40/50/40/30m sprints @ 100%	Take 15min.  4 x 100m @ 80% effort	Use 3-point starts for the sprints (content A) and a 5m jog on for content B. Don't run the 120s faster than the indicated speed
3	Rest		
4	Weights  Single leg press  6 x 2 @ 95% 1RM  Single arm row  4 x 4 @ 80% 1RM  Leg curls  4 x 6 @ 80% 1RM  Sprint arms 2 x 20sec. with 1kg dumbbells  2 x 20sec. with no weight  Core exercises (of your choice, eg the plank and fit-ball back extension)	Elongated warm down	
5	Rest		
6	15m sprint drills, 4 drills, do each one three times @ 100% intensity – where practical  Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session 2 x 3 x 30m with 20m acceleration	Take 15min.  2 x 120m @ 80% effort – 10min. between runs  Good warm down	For the 20m acceleration sprints, start from standing and gradually and consciously build up your speed and then 'hit' the 30m part, emphasising limb speed  Don't be tempted to run the 120m any faster, just focus on smooth relaxed form
7	Rest		

### Month 3 – week 5

Session	Content A	Content B	Comments
1	<p>Weights</p> <p>4 x 80%, 1 x 95%, 2 x 100% 1RM single leg press and single arm row</p> <p>Core exercises (of your choice, eg the plank and fit-ball back extension)</p>		A very light session, quantity wise, to assist the build-up to your peak, later on in the week. However, the intensity is 100%, as you attempt new weights pbs
2 Rest			
3	3 x 30m @ 100%	<p>Take 10min.</p> <p>4 x 60m @ 90% effort</p>	
4	Rest		
5	15m sprint drills, 4 drills, do each one three times @ 90% intensity – where practical. Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session	Elongated warm down	A further light session; spend some time mentally going through sprint technique and focusing on session 7's time-trials
6	Rest		
7	<p>15m sprint drills, 4 drills, do each one three times @ 100% intensity – where practical</p> <p>Include neuromuscular drills, such as dabs and the 'hand to knee' drills to 'fire you up' for the session</p> <p>2-4 x 40m sprints</p>	After a 20min. break should you wish, do a 300m as well and go for a time	<p>This is your 'Olympics' – you should record your fastest 40m times. Use the start method with which you are most proficient</p> <p>The 300m is secondary to the aims of the programme but you may surprise yourself at the time you record</p>