

St Vincents Training Program - Sprints

Session 1

250,200m,150m,100m,80m,60m. 5min rest between runs.

6 x 60m sprints walk back recovery.

Session 2

3 sets 3 x 120m

6 x 40m sprints walk recovery.

Walk back recov, 10min rest between sets.

Session 3

6 x 30m

6 x 60m

3 x 120m

3 x 150m

Walk recov .

8min between sets.

Aim; To do all 3 sessions each week of the holidays.