

Sprint Sessions



The only way to get faster is to spend time running faster. Adding in a sprint session each week really mixes up your training. It won't be a long session and works well on a day where you don't have much time or are struggling with motivation. You do need to push yourself hard though. If you are doing a 60 second sprint, then the last 15 seconds should feel like hell. The improvement in your fitness comes in the recovery time. The fitter you get the less time it will take you to recover. A sprint helps your body to get more efficient at moving metabolic by-products from your muscles which means that you can sustain a higher level of energy production over a longer period.

To see real gains, you need to work hard. The recovery time needs to be sufficient for you to be able to do another good quality sprint. For each session give yourself 3/5 minutes warm up and the same for a cool down and then follow the instructions for one of the sessions below

3 Step Sprint

This session works particularly well if you are looking to build the time on your feet in a week and if you are new to sprinting. You could add in extra repetitions as you get stronger and to make the session more challenging.

Run 60 seconds at slightly faster than your comfortable pace

Run 60 seconds fast – last 15 seconds should be REALLY uncomfortable

Walk or slow jog 60 seconds to recover.

Start with 4 blocks and build to 6. If it feels too easy you need to sprint faster!!!

Basic Sprint

Sprint 30 seconds all out – as fast as you can!!

Jog/Walk 90 seconds to recover

Repeat 5 times and build to do a maximum of 10.

You shouldn't need to do any more than that – if you can you need to sprint faster. As you get better at it you can cut the recovery time to 60 seconds and then work to increase the sprint time to 60 seconds. The ultimate aim is to do 10x 60/60. By then you will start to see significant improvements in your longer runs too.

Try both sessions and let me know how you get on. Remember you can do them outside or on a treadmill. I look forward to hearing from you!