

# Return to Sprint Progression <sup>35</sup>

Progress 1 step every other day if athlete achieves run volume in recommended work:rest ratio without symptoms

## Stage 1. 50% Intensity (1:3 work to rest ratio)

**Objective: Build work capacity for anaerobic conditioning/endurance**

Step 1	Step 2	Step 3	Step 4
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 2
100 yd x 1 untimed	100 yd x 1 untimed	100 yd x 1	100 yd x 2
80 yd x 2 untimed	80 yd x 2 untimed	80 yd x 2	80 yd x 1
60 yd x 2 untimed	60 yd x 2 untimed	60 yd x 2	60 yd x 2
40 yd x 2 untimed	40 yd x 3 untimed	40 yd x 4	40 yd x 4
20 yd x 3 untimed	20 yd x 4 untimed	20 yd x 3	20 yd x 3
Total: 19 runs @ 940 yds	Total: 23 runs @ 1060 yds	Total: 23 runs @ 1100 yds	Total: 23 runs @ 1120 yds

## Stage 2. 75% Intensity (1:5 work to rest ratio)

**Objective: Speed development, improve technique and build repeated sprint ability**

Step 1	Step 2	Step 3	Step 4
20 yd x 3	20 yd x 3	20 yd x 2	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	60 yd x 2
80 yd x 1	80 yd x 1	80 yd x 1	80 yd x 1
100 yd x 1	100 yd x 1	100 yd x 1	60 yd x 2
80 yd x 1	80 yd x 1	80 yd x 1	40 yd x 2
60 yd x 2	60 yd x 1	60 yd x 1	20 yd x 2
40 yd x 2	40 yd x 2	40 yd x 2	
20 yd x 3	20 yd x 3	20 yd x 2	
Total: 17 runs @ 780 yds	Total: 15 runs @ 660 yds	Total: 13 runs @ 620 yds	Total: 13 runs @ 560 yds

## Stage 3. 100% Intensity (1:7 work to rest ratio)

**Objective: Achieve maximum effort. Work:rest ratio should replicate sport demands in step 3 and 4**

Step 1	Step 2	Step 3	Step 4
20 yd x 6	10 yd x 3	10 yd x 3	10 yd x 2
40 yd x 2	20 yd x 4	20 yd x 3	20 yd x 3
60 yd x 1	40 yd x 2	30 yd x 2	30 yd x 2
40 yd x 2	60 yd x 1	40 yd x 2	40 yd x 1
20 yd x 6	40 yd x 2	60 yd x 1	60 yd x 1
10 yd x 3	30 yd x 1	30 yd x 2	40 yd x 1
	20 yd x 4	20 yd x 3	30 yd x 2
	10 yd x 2	10 yd x 3	20 yd x 3
**Full subjective recovery	**Full subjective recovery		10 yd x 2
Total: 20 runs @ 490 yds	Total: 19 runs @ 460 yds	Total: 19 runs @ 440 yds	Total: 17 runs @ 420 yds

*\*Ensure full subjective recovery between runs so that the athlete can "train fast to be fast"*