

# Sprint Sessions

## 12 sprint workouts for the track or outside

Welcome to Sprint Sessions! Enclosed are 12 standalone sprint workouts you can use at the track or just outside on your street or a park, for a quick, intense session that will challenge your muscles (especially your midsection!), joints and even your mindset in a new way.

### **If you are new to sprinting, a few things to keep in mind:**

- How fast you run will be relative. As a beginner, your mechanics won't be awesome yet, and that's fine. You'll start to relax and "get it" with practice. So don't feel pressure to go at a certain pace or kill yourself out of the gates. I promise you'll get faster over time. So listen to your body and always err on the side of slower and more controlled at first.
- If you've never really sprinted before, it's possible you may get nauseous or dizzy because of the intensity. Obviously that's not the goal! So start out easier than you think, take long rests between sprints, have water handy and discontinue the workout if you start to feel shitty. No judgment, just come back next week and train again. It gets better!
- Unlike jogging where you might hit each stride with the heel or whole foot, most sprinting will be done on the toes. Practice pumping your arms while also relaxing your shoulders. Try not to be too crunched up in your upper body, allow your torso to rotate and you might even feel like you're leading with your chest the faster you go. That's normal. Just watch Olympic sprinters, they're practically upright!
- Each workout is designed to be done by itself, no additional training needed. If you want to add some leisure walking at the end, that's fine. But because sprinting is such an intense modality, you can easily over-train or hurt yourself. So stay aware and listen to your body!

### **Be sure to warm up before every workout:**

Before each workout, complete a comprehensive dynamic warm-up. This will minimize injury risk and get the joints and muscles warm. Normally my warm-up is around 10 minutes and includes the following movements:

- Jogging
- High knees
- Butt kicks
- Straight-leg kicks

- Walking lunges with reaching hands over head
- Karaoke (low back twists)
- Skips
- Lateral trots
- Hip circles and arm circles
- Air squats
- Hamstring stretches
- And light strides (about 50-100m running a little faster than what's comfy)

Watch a quick video of me going through the movements here: <https://youtu.be/gx2XlQCxf70>

### **Something to remember:**

The key with sprints is actually REST.

I know that sounds counterintuitive, but the more rest you take and the slower you take it, the faster and more intensely you'll be able to push during your sprints. So don't rush your rests. And resist the urge to jog them or feel like you should be going faster.

The key here is trying to rest fully enough to where you can push with the same intensity again, on your next sprint. If you start slowing down or fading, then that's the sign your workout is over, as you'll be more prone to injury and overtraining at that point.

And finally, I don't recommend doing more than 1-2 of these workouts per week. The intensity necessitates that you have plenty of recovery time between them. And you'll be sore at first! Don't be alarmed. You'll feel it in your midsection, hip flexors, hamstrings, low back and butt ;)

As for cooling down after, I recommend a combination of walking and static stretches, especially for all the muscles in the lower body.

There's no set schedule for how to do these workouts, just pick one and start! I'd try them all, and then pick a few favorites that you'll come back to frequently.

### **A little key for distances:**

100m = 1 straight-away down the track (20-30 seconds)  
200m = half a lap around the track (40-60s)  
300m = 2 straight-aways and the curve in-between (60s+)  
400m = 1 lap (80s+)  
800m = 2 laps (3 minutes+)  
1600m = 4 full laps = 1 mile

## THE WORKOUTS

### Workout #1: "Fast and Furious"

2 x 200m, rest/walk 200m between each  
3 x 150m, rest/walk 150m between each  
4 x 100m, rest/walk 100m between each

### Workout #2: "Directionless"

Complete 10 rounds:

- Sprint 50m forward, then stop and sprint 25m backwards, then turn and finish out the 50m forwards again (start and end position is the same)
- Rest 1-2 minutes between each

### Workout #3: "Vomilicious"

2 x 60m (guestimate a little farther than half a straight-away)  
3 x 80m (just shy of a full straight-away)  
4 x 100m (full straight-away)

Walk/rest a full 100m between each

### Workout #4: "Race for Endurance"

4 x 400m  
Walk 400m between each

### Workout #5: "Sprint, lunge, sprint"

Complete 5 rounds:

- Sprint 100m
- Then immediately turn around and complete 100 walking lunges back to the start
- Rest 2-4 minutes

**Workout #6: "Middle-aged Middle Distance"**

1 x 400m (rest/walk 300m)  
2 x 300m (rest/walk 300m)  
3 x 200m (rest/walk 200m)  
4 x 100m (rest/walk 100m)

**Workout #7: "Marathoner"**

1 x 800m  
2 x 600m  
3 x 300m

Rest/walk 400m between each

**Workout #8: "Leg Lethargy"**

Complete 6 rounds:

- 40 walking lunges (20 each leg)
- Then sprint to the end of the straight away (about 60m)
- Rest/walk 100m between each

**Workout #9: "We live here now"**

Run 1 mile for time

Then complete five 100m sprints, resting/walking 100m in between each

Run 1 mile for time

**Workout #10: "Tricky Two-Hunnys"**

6 x 200m  
Rest/walk 200m in between each

### Workout #11: "Pyramid Scheme"

300m sprint, rest/walk 300m  
200m sprint, rest/walk 200m  
100m sprint, rest/walk 100m  
100m sprint, rest/walk 100m  
200m sprint, rest/walk 200m  
300m sprint, rest/walk until cooled down

### Workout #12: "Total Body for Time"

Complete 4 rounds for time:

Sprint 200m  
20 pushups  
20 burpees  
20 sit-ups  
20 air squats

Rest as needed anytime, but record your final time after all 5 rounds

## 5 BONUS BODYWEIGHT WORKOUTS

You can do these outside, on the track or in a park/green space.

### Workout #1: Complete for time

100 walking lunges (50 each leg)  
80 sit-ups  
60 pushups  
40 burpees  
20 squat jumps

### Workout #2: Complete 10 rounds for time

- 10 walking lunges (5 each leg)
- 5 squat jumps

**Workout #3: Complete as many rounds as possible in 10 minutes**

- Bear crawl 20 strides (10 each way)
- 5 push-ups

**Workout #4: Complete as many rounds as possible in 20 minutes**

- Sprint 10s (count in your head, doesn't have to be exact)
- 20 alternating lunges in place (10 each leg)
- 10 air squats
- 10 squat jumps
- 10 burpees

**Workout #5: Complete as many reps as possible in 5 minutes**

Plank position, bring alternating knees to elbows – complete 10 each side  
Mountain climbers – 10 each side

## **A FINAL DISCLAIMER**

These workouts are designed for educational and sharing purposes, and you follow them at your own risk. You are an adult, capable of listening to your body and knowing what it can and can't handle. I have done my best to prepare you for a safe and effective workout, but please speak with your physician before starting any fitness program, especially if you are at a higher risk for illness and injury. Jill Coleman and Jill Coleman Fitness assume no risk for your voluntary participation in this program.