



1. 20 m 15x
30 m 10x
40 m 5x
50 m 2x
100 m 1x

2. 30 m 5x
50 m 5x
70 m 3x
100 m 3x
70 m 3x
50 m 5x
30 m 5x

Since the sprint distance is short...your rest time should be as well.

3. Do this circuit of sprints 5x
50 m
Walk back 25 m
Sprint 25 m

4. 100 meters...5x
80 meters...3x
50 meters...5x
25 meters...10x

Be explosive mentally focus

5. 10 meters 2x
20 meters 4x
40 meters 6x
80 meters 4x
100 meters 2x
Repeat 5x

Be explosive mentally focus

Short Sprint Workouts