

## **SPRINTS #1**

Thoroughly warm-up with a run. (at least 1 mile)

Set up a 50 yard, straight distance.

Sprint the 50 yard distance as fast as possible, then walk back to your starting line. That makes 1 set. Repeat for the appropriate number of sets.

Week 7: Perform 5 sets of this sprint.

Week 8: Perform 7 sets of this sprint.

Week 9: Perform 9 sets of this sprint.

