

Sprint Cycle:

Week 1

- 8 - 20 yard runs with 5 second rest between
- 4 - 40 yard runs with 10 second rest between
- 3 - 60 yard runs with 15 second rest in between
- 2 - 80 yard runs with 20 second rest in between
- 1 - 100 yard runs with 30 second rest in between

Week 2

- 10 - 20 yard runs with 5 second rest between
- 6 - 40 yard runs with 10 second rest between
- 3 - 60 yard runs with 15 second rest in between
- 3 - 80 yard runs with 20 second rest in between
- 2 - 100 yard runs with 30 second rest in between

Week 3

- 10 - 20 yard runs with 5 second rest between
- 8 - 40 yard runs with 10 second rest between
- 4 - 60 yard runs with 15 second rest in between
- 4 - 80 yard runs with 20 second rest in between
- 3 - 100 yard runs with 30 second rest in between

Week 4

- 14 - 20 yard runs with 5 second rest between
- 12 - 40 yard runs with 10 second rest between
- 6 - 60 yard runs with 15 second rest in between
- 5 - 80 yard runs with 20 second rest in between
- 4 - 100 yard runs with 30 second rest in between

Week 5

- 18 - 20 yard runs with 5 second rest between
 - 12 - 40 yard runs with 10 second rest between
 - 8 - 60 yard runs with 15 second rest in between
 - 6 - 80 yard runs with 20 second rest in between
 - 5 - 100 yard runs with 30 second rest in between
- ...Between each set of sprints take a 2 minute rest or more as needed.
- ...Always run past the finish line and slowly ease down.
- ...Each week add 2 of each sprint to each category.