SPRINT EVENTS- 100 METRES/200 METRES

SESSION 1: Speed (Interval Training)

Warm up
- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Short Interval Training

<table>
<thead>
<tr>
<th>SETS</th>
<th>DISTANCE</th>
<th>REPS</th>
<th>MAXIMUM HEART RATE</th>
<th>WORK/REST RATIO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>40 metre</td>
<td>10</td>
<td>80%</td>
<td>1:5</td>
</tr>
<tr>
<td>1</td>
<td>50m</td>
<td>5</td>
<td>80%</td>
<td>Jog recovery</td>
</tr>
</tbody>
</table>

Cool Down
- 400m slow jog
- Static stretching – flexibility

SESSION 2: Circuit Training

Warm up
- 5 minutes skipping

Circuit
Students to complete the circuit 2 times. Each station is to last 2 minutes Work/Rest ratio 1:1
- 1. Push Ups
- 2. Step Ups
- 3. Sit Ups
- 4. Vic fit (page 300 text book)
- 5. Vertical jumps
- 6. Shuttle runs
- 7. Star Jumps
- 8. Skipping

Cool Down
- 400m slow jog
- Static stretching – flexibility
SESSION 3: Short Interval Training

Warm up
- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Short Interval Training

<table>
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<tr>
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<th>WORK/ REST RATIO</th>
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<tbody>
<tr>
<td>2</td>
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<td>10</td>
<td></td>
<td>1:3</td>
</tr>
<tr>
<td>1</td>
<td>40 metres</td>
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<td>1:4</td>
</tr>
<tr>
<td>1</td>
<td>20 metres</td>
<td>5</td>
<td></td>
<td>1:4</td>
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</tbody>
</table>

Cool Down
- 400m slow jog
- Static stretching – flexibility

SESSION 4: Plyometrics

Warm up
- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Plyometrics

2 Sets- Each activity to last 2 minutes Work Rest- 1:4
- Double leg back and forth
- Step running over markers
- Spot hopping over witches hats
- Lateral hops over witches hats

Cool Down
- 400m slow jog
- Static stretching – flexibility
SESSION 5: Resistance Training

Warm up
5 minutes skipping

Circuit Training

Circuit to be completed 3 times. Work/Rest 1:1

1. Inclined sit ups 50 reps
2. Leg Press 12 reps
3. Leg extensions 12 reps
4. Squats 12 reps
5. Heel Raises 30 reps

Cool Down
• 400m slow jog
• Static stretching – flexibility

SESSION 6: Technique Training

Warm up
• 400m slow jog
• 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Technique Training

Block Training

<table>
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<tr>
<th>SETS</th>
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<th>REPS</th>
<th>MAXIMUM HEART RATE</th>
<th>WORK/REST RATIO</th>
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<td>20</td>
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<td>Walk Recovery</td>
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<tr>
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<td></td>
<td>Walk Recovery</td>
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<tr>
<td>1</td>
<td>20 metres</td>
<td>10</td>
<td></td>
<td>Jog Recovery</td>
</tr>
<tr>
<td>1</td>
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<td>2</td>
<td></td>
<td>Jog Recovery</td>
</tr>
</tbody>
</table>

Cool Down
• 400m slow jog
• Static stretching – flexibility
SESSION 7: Short Interval Training

Warm up

- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Short Interval Training

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<th>WORK/ REST RATIO</th>
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<tbody>
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<td></td>
<td>1:3</td>
</tr>
<tr>
<td>1</td>
<td>40 metres</td>
<td>12</td>
<td></td>
<td>1:5</td>
</tr>
<tr>
<td>1</td>
<td>50 metres</td>
<td>7</td>
<td></td>
<td>1:5</td>
</tr>
</tbody>
</table>

Cool Down

- 400m slow jog
- Static stretching – flexibility

SESSION 8: Circuit Training

Warm up

- 5 minutes skipping

Circuit Training

Circuit to be completed 3 times. Work/Rest 1:1

1. Push ups
2. Step ups
3. Sit ups
4. Vic Fit (page 300 text)
5. Vertical jumps
6. Shuttle runs
7. Star Jumps
8. Skipping

Cool Down

- 400m slow jog
- Static stretching – flexibility
SESSION 9: Short Interval Training

Warm up
- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Short Interval Training

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<tr>
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<td>1</td>
<td>20 metres</td>
<td>7</td>
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<td>1:4</td>
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</tbody>
</table>

Cool Down
- 400m slow jog
- Static stretching – flexibility

SESSION 10: Plyometrics

Warm up
- 400m slow jog
- 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Plyometrics

3 Sets- Each activity to be completed for 2 minutes. Work/Rest 1:4
- Double leg back and forth
  - Step running over 10 markers
  - Spot hopping over 5 witches hats
  - Lateral hops over 5 witches hats

Cool Down
- 400m slow jog
- Static stretching – flexibility
SESSION 11: Resistance Training

Warm up
  • 5 minutes skipping

Circuit Training

Circuit to be completed 4 times. Work/Rest 1:1

6. Inclined sit ups  50 reps
7. Leg Press  12 reps
8. Leg extensions  12 reps
9. Squats  12 reps
10. Heel Raises  30 reps

Cool Down
  • 400m slow jog
  • Static stretching – flexibility

SESSION 12: Technique Training

Warm up
  • 400m slow jog
  • 50m of high knee lifts, kicking heels high, backward running, sidesteps left and right, grapevine left and right.

Technique Training

Block Training

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<td>Walk Recovery</td>
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<tr>
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<tr>
<td>1</td>
<td>100 metres</td>
<td>2</td>
<td></td>
<td>Jog Recovery</td>
</tr>
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Cool Down
  • 400m slow jog
  • Static stretching – flexibility