

# Sprint Conditioning Program

You're on your way to elevating your or your team's game with this program. Unlock your athletic potential with our Sprint Conditioning Program! Designed for athletes of all levels, our program focuses on improving speed, power, and overall athletic performance.

Whether you're a sprinter, a team sport athlete, or just looking to boost your team's conditioning, our workouts will help you achieve your goals. Elevate your game with our Sprint Conditioning Program - because every second counts!

Choose any of the following workouts as the foundation of your workout. They can be used as finishers at the end of a practice or workout as well.

Before beginning every workout, be sure to perform a dynamic warm-up. Each drill should be completed at a minimum of 20 yards each way:

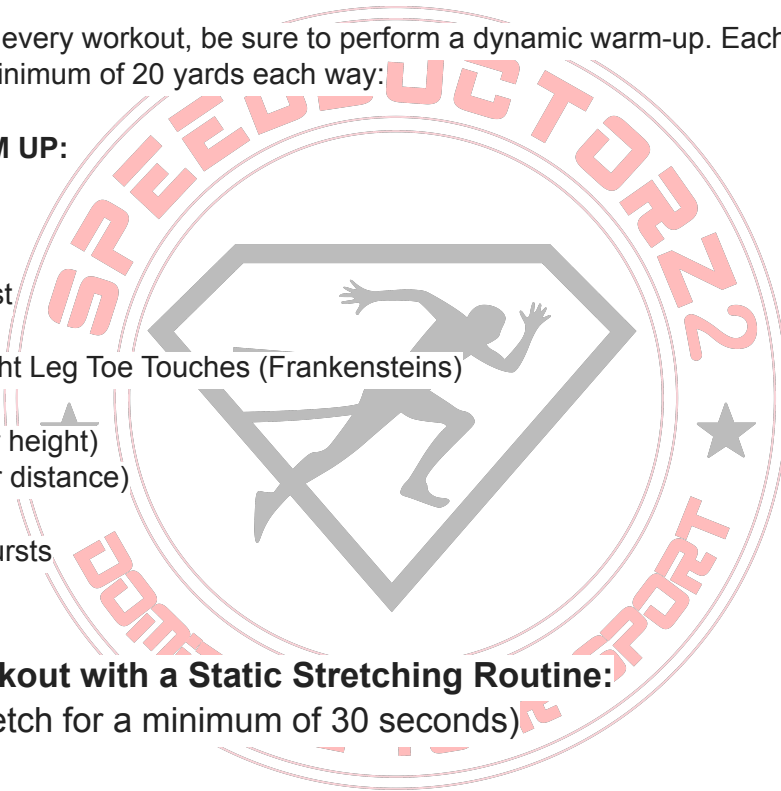
## DYNAMIC WARM UP:

Carioca  
Lateral Squats  
Lunge with a Twist  
Knee Hugs  
Alternating Straight Leg Toe Touches (Frankensteins)  
A-Skip, B-Skip  
Power Bound (for height)  
Speed Bound (for distance)  
High Knees  
Stance & Start Bursts

## End each workout with a Static Stretching Routine:

(Hold each stretch for a minimum of 30 seconds)

Sit and Reach  
Legs Spread (R/M/L)  
Hurdle Stretch  
R/L Leg over the other - Knee Hug  
Butterfly



# SHUTTLE, GASSER, 110 yd DRILL

## 300 YD SHUTTLE

Description: Starting in a two-point stance, sprint 25 yards and touch the line with your hand. Make 6 continuous round trips.

Equipment: 2 cones spaced 25 yards apart and a stopwatch.

## HALF GASSER

Description: Starting in a two-point stance on the sideline of a football field, sprint across the width of the field and back. Touch the line with your foot.

Equipment: 2 cones spaced at each side of the field and a stopwatch. Complete the drill in under 20 seconds with 40 seconds of rest.

## FULL GASSER

Description: Starting in a two-point stance on the sideline of a football field, sprint across the width of the field and back 2 continuous round trips. Touch the line with your foot.

Equipment: 2 cones spaced at each side of the field and a stopwatch. Complete the drill in under 42 seconds with 60 seconds of rest.

## 110 X 10 DRILL

Description: Start on the end line (out of bounds) of the football field. Begin in a 2 pt stance. Sprint THROUGH the endzone until you get to the opposite goal line for a sprint distance of 110 yards. Rest for 60 seconds and repeat starting from the endline going in the opposite direction. Perform 10 sets.

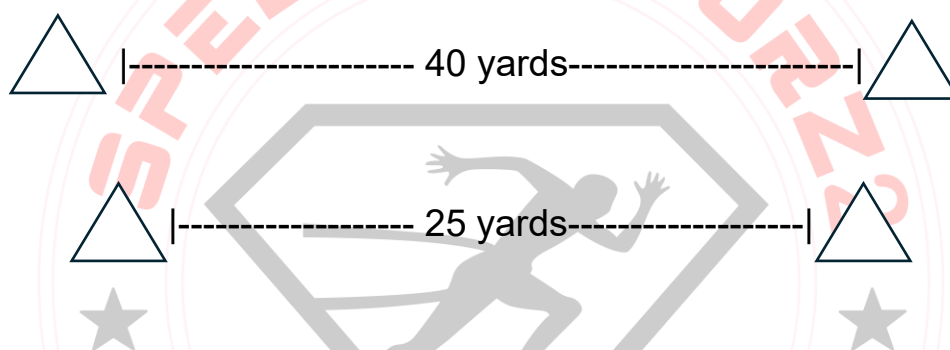
Equipment: 2 cones spaced 110 yards apart and a stopwatch.

# Conditioning Drill

## 40 OR 25 THE HARD WAY

Description: This drill requires three to five athletes. Place two cones 40 or 25 yards apart. One or two athletes will start at one cone while the other two or three will start at the opposite cone. Designate a running order one and up. The athletes will start in a two-point stance. Athlete number one will sprint 40 or 25 yards as fast as possible, when he/she crosses the line, athlete number two will sprint 40 or 25 yards as fast as possible, continue until each athlete sprints a total of ten sprints each.

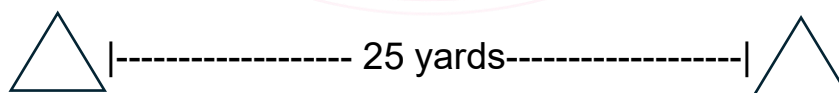
Equipment: 2 cones spaced 40 or 25 yards apart and a stopwatch.



### Note:

1. Ten Total Sprints each.
2. If more than one drill is used, rest 3-5 minutes between drills.
3. If an even number is used, the athlete that started the drill will start at a different cone each time.

## 300 Yard Shuttle



Start in a two-point stance. Sprint 25 yards and touch the line with your hand. Make 6 consecutive round trips for a total of 300 yards.

# 100 YARD SPRINT LADDER

RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST THE INDICATED AMOUNT OF TIME BETWEEN EACH SPRINT

	DISTANCE	TIME MALE/FEMALE	REST
1	10 Yard Sprint	2/2 Seconds	10 Seconds
2	10 Yard Sprint	2/2 Seconds	10 Seconds
3	20 Yard Sprint	3/3 Seconds	15 Seconds
4	20 Yard Sprint	3/3 Seconds	15 Seconds
5	40 Yard Sprint	5/6 Seconds	20 Seconds
6	40 Yard Sprint	5/6 Seconds	20 Seconds
7	60 Yard Sprint	8/9 Seconds	30 Seconds
8	60 Yard Sprint	8/9 Seconds	30 Seconds
9	80 Yard Sprint	11/12 Seconds	40 Seconds
10	80 Yard Sprint	11/12 Seconds	40 Seconds
11	100 Yard Sprint	14/15 Seconds	45 Seconds
12	100 Yard Sprint	14/15 Seconds	45 Seconds
13	<b>Break</b>		<b>5 Minutes</b>
14	100 Yard Sprint	14/15 Seconds	45 Seconds
15	100 Yard Sprint	14/15 Seconds	45 Seconds
16	90 Yard Sprint	12/13 Seconds	45 Seconds
17	90 Yard Sprint	12/13 Seconds	45 Seconds
18	70 Yard Sprint	9/10 Seconds	35 Seconds
19	70 Yard Sprint	9/10 Seconds	35 Seconds
20	50 Yard Sprint	6/7 Seconds	25 Seconds
21	50 Yard Sprint	6/7 Seconds	25 Seconds
22	30 Yard Sprint	3/4 Seconds	15 Seconds
23	30 Yard Sprint	3/4 Seconds	15 Seconds
24	10 Yard Sprint	2/3 Seconds	10 Seconds
25	10 Yard Sprint	2/3 Seconds	10 Seconds

# 2 QUARTERS OF SPRINTS

RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST THE INDICATED AMOUNT OF TIME BETWEEN EACH SPRINT

	DISTANCE	TIME MALE/FEMALE	REST
1	40 Yard Sprint	6/5 Seconds	15 Seconds
2	40 Yard Sprint	6/5 Seconds	15 Seconds
3	30 Yard Sprint	4 Seconds	15 Seconds
4	30 Yard Sprint	4 Seconds	15 Seconds
5	20 Yard Sprint	3 Seconds	15 Seconds
6	20 Yard Sprint	3 Seconds	15 Seconds
7	10 Yard Sprint	2 Seconds	15 Seconds
8	10 Yard Sprint	2 Seconds	15 Seconds
9	5 Yard Sprint	< 1 Second	15 Seconds
10	5 Yard Sprint	< 1 Second	15 Seconds
	<b>Break</b>		<b>1.5 Minutes</b>
1	40 Yard Sprint	6/5 Seconds	15 Seconds
2	40 Yard Sprint	6/5 Seconds	15 Seconds
3	30 Yard Sprint	4 Seconds	15 Seconds
4	30 Yard Sprint	4 Seconds	15 Seconds
5	20 Yard Sprint	3 Seconds	15 Seconds
6	20 Yard Sprint	3 Seconds	15 Seconds
7	10 Yard Sprint	2 Seconds	15 Seconds
8	10 Yard Sprint	2 Seconds	15 Seconds
9	5 Yard Sprint	< 1 Second	15 Seconds
10	5 Yard Sprint	< 1 Second	15 Seconds
	<b>Break</b>		<b>1.5 Minutes</b>
1	40 Yard Sprint	6/5 Seconds	15 Seconds
2	30 Yard Sprint	4 Seconds	15 Seconds
3	20 Yard Sprint	3 Seconds	15 Seconds
4	10 Yard Sprint	2 Seconds	15 Seconds
5	5 Yard Sprint	< 1 Second	15 Seconds
<b>REST 3 MINUTES AND REPEAT FOR SECOND QUARTER OF SPRINTS</b>			

# SPRINT LADDER WAVE (LOW)

RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST THE INDICATED AMOUNT OF TIME BETWEEN EACH SPRINT

	DISTANCE	TIME MALE/FEMALE	REST
1	10 Yard Sprint	2/2 Seconds	10 Seconds
2	10 Yard Sprint	2/2 Seconds	10 Seconds
3	20 Yard Sprint	3/3 Seconds	15 Seconds
4	20 Yard Sprint	3/3 Seconds	15 Seconds
5	30 Yard Sprint	3/4 Seconds	15 Seconds
6	30 Yard Sprint	3/4 Seconds	15 Seconds
7	40 Yard Sprint	5/6 Seconds	20 Seconds
8	40 Yard Sprint	5/6 Seconds	20 Seconds
9	50 Yard Sprint	6/7 Seconds	25 Seconds
10	50 Yard Sprint	6/7 Seconds	25 Seconds
	<b>Break</b>		<b>3 Minutes</b>
11	50 Yard Sprint	6/7 Seconds	25 Seconds
12	50 Yard Sprint	6/7 Seconds	25 Seconds
13	40 Yard Sprint	5/6 Seconds	20 Seconds
14	40 Yard Sprint	5/6 Seconds	20 Seconds
15	30 Yard Sprint	3/4 Seconds	15 Seconds
16	30 Yard Sprint	3/4 Seconds	15 Seconds
17	20 Yard Sprint	3/3 Seconds	15 Seconds
18	20 Yard Sprint	3/3 Seconds	15 Seconds
19	10 Yard Sprint	2/3 Seconds	10 Seconds
20	10 Yard Sprint	2/3 Seconds	10 Seconds
	<b>Break</b>		<b>3 Minutes</b>
21	10 Yard Sprint	2/2 Seconds	10 Seconds
22	20 Yard Sprint	3/3 Seconds	15 Seconds
23	30 Yard Sprint	3/4 Seconds	15 Seconds
24	40 Yard Sprint	5/6 Seconds	20 Seconds
25	50 Yard Sprint	6/7 Seconds	25 Seconds

# SPRINT LADDER WAVE (HIGH)

RUN THE FOLLOWING DISTANCES UNDER THE TIMES SET, REST THE INDICATED AMOUNT OF TIME BETWEEN EACH SPRINT

	DISTANCE	TIME MALE/FEMALE	REST
1	60 Yard Sprint	8/9 Seconds	40 Seconds
2	60 Yard Sprint	8/9 Seconds	40 Seconds
3	70 Yard Sprint	9/10 Seconds	45 Seconds
4	70 Yard Sprint	9/10 Seconds	45 Seconds
5	80 Yard Sprint	11/12 Seconds	50 Seconds
6	80 Yard Sprint	11/12 Seconds	50 Seconds
7	90 Yard Sprint	12/13 Seconds	55 Seconds
8	90 Yard Sprint	12/13 Seconds	55 Seconds
9	100 Yard Sprint	14/15 Seconds	55 Seconds
10	100 Yard Sprint	14/15 Seconds	55 Seconds
11	<b>Break</b>		<b>3 Minutes</b>
12	100 Yard Sprint	14/15 Seconds	55 Seconds
13	100 Yard Sprint	14/15 Seconds	55 Seconds
14	90 Yard Sprint	12/13 Seconds	55 Seconds
15	90 Yard Sprint	12/13 Seconds	55 Seconds
16	80 Yard Sprint	11/12 Seconds	50 Seconds
17	80 Yard Sprint	11/12 Seconds	50 Seconds
18	70 Yard Sprint	9/10 Seconds	45 Seconds
19	70 Yard Sprint	9/10 Seconds	45 Seconds
20	60 Yard Sprint	8/9 Seconds	40 Seconds
21	60 Yard Sprint	8/9 Seconds	40 Seconds
22	<b>Break</b>		<b>3 Minutes</b>
23	60 Yard Sprint	8/9 Seconds	40 Seconds
24	70 Yard Sprint	9/10 Seconds	45 Seconds
25	80 Yard Sprint	11/12 Seconds	50 Seconds
26	90 Yard Sprint	12/13 Seconds	55 Seconds
27	100 Yard Sprint	14/15 Seconds	55 Seconds