14-Day Sprint Program

This program is 2 weeks long with 3 sprint days per week. There are designated recovery days between your sprint days to ensure you are 100% for your next sprint session. This program is to help build a habit of sprinting often during your off-season, along with your gym workouts.

If you are lifting weights the same day as your sprints, do the sprint workout BEFORE your lifting session! This is KEY because you want to always be at 100% when you are sprinting. It is best to set you up for the best results with the program!

Do not forget to hydrate!!! Drinking water, coconut water, and/or hydration drink is going to be very KEY! A great intra workout supplement I recommend during your sessions is [Full Tank](https://astroflav.com/products/full-tank-intra-workout-carbs-aminos) from AstroFlav. You can use my code 2KSFIT to receive 10% off your purchases.

TIME YOURSELF BEFORE STARTING THE PROGRAM AND AFTER YOU COMPLETE THE PROGRAM.

**Week 1:**

**Acceleration Day:**

Warm up - <https://youtu.be/BduxuelMwZw>

* Everything is 20 yards (listed below in order of video link)
  + Jog, backpedal, walking hip opener forward & backward, hamstring scoops, high knee pulls, forward lunge with twist, hamstring kicks
* Ground warm-up. 10 reps all exercises
  + Lying leg raises, lying abductor raises, hip circles forward & backward, fire hydrants

Activation - <https://youtube.com/shorts/gRUHT8wIxLQ?feature=share>

* 2 sets 10-20 yards each drill
  + Walking A drill, A marches, A skips, A switches, Double A switches

Sprints @ 100% effort - 2x30 yards rest 3 minutes

Main Workout:

A1: Hill Sprints 10x10-20 yards rest 1-2 minutes after each sprint

B1: Resisted runs 40-80% of bodyweight 3x2 reps @10 yards

B2: Free runs @100% effort 3x1 @10 yards rest 2 minutes after each rep

C1: Resisted Broad Jumps (use light band) 3x2

C2: Unresisted Broad Jumps 100% effort 3x2

**Max Velocity Day:**

Warm Up - <https://youtu.be/BduxuelMwZw>

* Everything is 20 yards (listed below in order of video link)
  + Jog, backpedal, walking hip opener forward & backward, hamstring scoops, high knee pulls, forward lunge with twist, hamstring kicks
* Ground warm-up. 10 reps all exercises
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Activation - <https://youtube.com/shorts/NIoBHyVoNL8?feature=share>

* Everything is 20 yards
  + Quick Pogo Hops forward & backward, Side shuffle with arm raises, Fast ankling, Fast high knees (get as many as you can in 20 yards)

Main Workout:

A1: Dribble Bleeds 60% effort 2x3 for 50 yards

B1: 30 yard sprint 100% effort 1x2 rest for 3 minutes after each rep

C1: Fly 10s 100% effort 1x2 (accelerate for 20-30 yards then sprint for 10 yards) rest for 3 minutes after each rep

**Acceleration Day 2:**

Warm up - <https://youtu.be/BduxuelMwZw>

* Everything is 20 yards (listed below in order of video link)
  + Jog, backpedal, walking hip opener forward & backward, hamstring scoops, high knee pulls, forward lunge with twist, hamstring kicks
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* 2 sets 10-20 yards each drill
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Main Workout

A1: 10 yard Burst (4 resisted 4 unresisted) rest 1-2 minutes after each sprint.

B1: Resisted Single Leg Broad Jump 2x2 each leg

B2: Kneeling Single Leg Projections 2x2 (10 yards) each leg

B3: 1 step Single Leg Projections 2x2 (10 yards) each leg

* Rest 30-60s after each rep. Rest for 1:30-2:30 minutes after each set.

**Week 2:**

**Acceleration Day:**

Warm up - <https://youtu.be/BduxuelMwZw>

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  + Jog, backpedal, walking hip opener forward & backward, hamstring scoops, high knee pulls, forward lunge with twist, hamstring kicks
* Ground warm-up. 10 reps all exercises
  + Lying leg raises, lying abductor raises, hip circles forward & backward, fire hydrants

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Non Sprinting Days:

Between sprinting days, eat properly, hydrate, stretch, and do mobility! These will be crucial in getting the results you are looking for and your muscles not being tired.

If you have any questions, please contact my IG (@sep.hassan). I am more than happy to help. Send in your videos via IG (@sep.hassan) for me to check your form to ensure you are training correctly!