



SPRINTER RUNNING WORKOUTS PROGRAM

HIGH-INTENSITY INTERVAL TRAINING & SPEED CONDITIONING

This comprehensive sprint workout program is designed to build top speed, power, and cardiovascular endurance through high-intensity interval training (HIIT) sessions and hill training.

1. HIIT & FLAT SPRINT WORKOUTS

WORKOUT TYPE	PROTOCOL, INTENSITY & PROGRESSION
30-Second Sprint Intervals	• Protocol: 30-second sprint with 90-second recovery. • Intensity: 90% of maximum effort at top speed with good form. • Progression: Beginners aim for 10 rounds, progressing to 20 rounds for advanced.
45-Second Sprint Intervals	• Protocol: 45-second sprint with 60-second recovery. • Intensity: 80% of maximum effort (fast, controlled pace). • Progression: Beginners aim for 8 reps, progressing to 12 reps for advanced.
60-Second Endurance Speed	• Protocol: 60-second sprint with 60-second recovery. • Intensity: 70–75% of maximum effort. • Progression: Beginners start at 8 reps to 10 reps. Advanced extension: 5 sets of (60s sprint, 60s recovery), 4 minutes easy run, repeated 3 times.
Descending Sprint Workout	• Protocol: - 60-second sprint (75% effort) + 60-second recovery. - 40-second sprint (85% effort) + 60-second recovery. - 20-second sprint (95% effort) + 2-minute easy jog. • Volume: Repeat 3–5 times.

2. HILL SPRINT TRAINING

HILL WORKOUT TYPE	PROTOCOL, INCLINE & PROGRESSION
30-Second Hill Sprints	• Protocol: 30-second hill sprint with a 2–3 minute recovery. • Intensity & Terrain: 90–95% maximum effort on a 5–10% incline (outdoor hill or treadmill). • Progression: Beginners aim for 8 reps, progressing to 10 reps for advanced.
15-Second Hill Sprints	• Protocol: 15-second flat-out sprint with a 2-minute recovery walk/jog. • Intensity & Terrain: 95% maximum effort on a steeper 10–15% incline. • Progression: Beginners aim for 10 reps, progressing to 15 reps for advanced.

PROGRAM NOTES & GUIDELINES

- **Benefits:** HIIT sprint workouts offer fat burning post-workout, improve overall fitness and endurance, and are extremely time-efficient.
- **Hill Training Benefits:** Improve speed, power, strength, biomechanics, and running efficiency.
- **Frequency & Recovery:** Use these workouts as a guide, alter based on fitness level, and keep sprint sessions to **no more than twice a week** to ensure proper recovery.

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This program is for educational purposes. Consult a physician before beginning any new exercise routine. Stop if you experience pain. Results vary based on individual effort and consistency.