



Three Day Basketball Workout Program

- **30 second sprint with 90 second recovery (90% of maximum effort)**

This session involves running at “top speed” or as fast as you can while keeping good form, for 30 seconds, then 90 seconds recovery either walking or jogging. Beginners should aim to do 10 rounds, working up to 20 rounds for an advanced workout.

If you’re looking for a HIIT sprint workout, this is it! Not all sprint workouts will be considered HIIT, but those that are offer the same benefits that all HIIT workouts have, including burning fat even after the workout has finished, improving overall fitness and endurance, and being extremely time efficient.

- **45 second sprint with 60 second recovery (80% of maximum effort)**

This workout involves sprinting at 80% of your maximum; you should be running at a fast but controlled pace. There is only 60 seconds recovery so make sure you walk or jog at a pace that allows you to recover enough to give it everything in the sprints. Beginners should aim to do 8 reps, progressing gradually to 12 reps for an advanced session.

- **60 second sprint with 60 second recovery (70-75% of maximum effort)**

A full minute of sprinting can feel like forever, so this workout is more of an endurance speed session than a maximum sprint workout. The sprint should be run at 70-75% of your maximum effort, and the 60 second recovery should be walked or jogged slowly enough that you can keep up the effort during the sprints. For beginners, start around 8 reps and gradually progress to 10 reps. This session can also be extended for more advanced runners:

- 5 sets of 60 sec sprint, 60 second recovery
- 4 minutes easy run
- Repeat 3 times

- **Descending sprint workout**

This sprint session involves increasing the speed of your sprint as you descend down the set:

- 60 second sprint (75% of maximum effort)
- 60 second recovery
- 40 second sprint (85% of maximum)
- 60 second recovery
- 20 second sprint (95% of maximum)
- 2 minute easy jog
- Repeat 3-5 times

- **Hill sprint**

Hill sprints are a great option for sprint training. They help to improve speed, power and strength, as well as your biomechanics and running efficiency. If you haven’t done any hill training before it is important to progress gradually, as it puts more stress on your body than sprinting on flat ground.



- **30 second hill sprints with a 2-3 minute recovery (90-95% maximum effort on a 5-10% incline)**

30 seconds doesn't sound like enough to warrant a 2-3 minute recovery period but running uphill is tough! This can be done outside on pavement or on the treadmill. For outside hill sprints, run up the hill for 30 seconds and walking or jog back down it during the recovery

For the treadmill, stand on the sides of the treadmill and adjust the incline to 5-10%, adjust the speed, hop on and run. After the 30 seconds are up, hop back onto the treadmill, lower the incline and walk or jog the 2-3 minutes. Just before your recovery time is up, stand back on the edge of the treadmill, increase the incline and speed, and start your sprint set. Beginners should aim for around 8 reps, progressing through to 10 reps for advanced.

- **15 second hill sprints with a 2 minute recovery (95% maximum effort on 10-15% incline)**

This sprint workout involves going flat out for 15 seconds, before a 2 minute recovery walk or jog. The incline is steeper (10-15%) so you'll really need to focus on technique. A beginner session will be around 10 reps, moving up to 15 reps for advanced.

Incorporating different sprint workouts into your training will certainly help to ramp up your fitness and increase your speed and endurance! It's important to use these workouts as a guide – make sure you alter them depending on your fitness level and running experience, and increase the number of sprint sessions gradually, keeping them at no more than twice a week to ensure your body can recover properly.