

## Long Sprints Training Template Example

Days	Week 1: Introduction	Week 2: Adaptation	Week 3: Stabilisation
1	<p><b><u>Track Session</u></b> Warm Up Accelerations Introduction to Plyometrics</p> <p><b><u>Weight Session</u></b> Dynamic Effort (Power)</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Accelerations Introduction to Plyometrics</p> <p><b><u>Weight Session</u></b> Dynamic Effort (Power)</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Accelerations Introduction to Plyometrics</p> <p><b><u>Weight Session</u></b> Dynamic Effort (Power)</p> <p>Cool Down</p>
2	<p><b><u>Track Session</u></b> Warm Up Extensive Tempo</p> <p><b><u>Weight Session</u></b> Maximum Effort (Max Strength)</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Extensive Tempo</p> <p><b><u>Weight Session</u></b> Maximum Effort (Max Strength)</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Extensive Tempo</p> <p><b><u>Weight Session</u></b> Maximum Effort (Max Strength)</p> <p>Cool Down</p>
3	<p>Active Recovery Mobility Core circuits</p>	<p>Active Recovery Mobility Core circuits</p>	Day OFF
4	<p><b><u>Track Session</u></b> Warm Up Resisted Accelerations: Multiple Throws</p> <p><b><u>Weight Session</u></b> Dynamic Effort</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Resisted Accelerations: Multiple Throws</p> <p><b><u>Weight Session</u></b> Dynamic Effort</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Intensive Tempo</p> <p><b><u>Weight Session</u></b> Repeated Effort (Work Capacity)</p> <p>Cool Down</p>
5	<p>Active Recovery Mobility General Strength</p>	<p>Active Recovery Mobility General Strength</p>	<p>Active Recovery Mobility</p>
6	<p><b><u>Track Session</u></b> Warm Up Intensive Tempo</p> <p><b><u>Weight Session</u></b> Repeated Effort (Work Capacity)</p> <p>Cool Down</p>	<p><b><u>Track Session</u></b> Warm Up Intensive Tempo</p> <p><b><u>Weight Session</u></b> Repeated Effort (Work Capacity)</p> <p>Cool Down</p>	Day OFF