

Short Sprints Training Template Example

| Days | Week 1: Introduction | Week 2: Adaptation | Week 3: Stabilisation |
|------|--|--|--|
| 1 | <p><u>Track Session</u> Warm Up Accelerations Introduction to Plyometrics</p> <p><u>Weight Session</u> Dynamic Effort (Power)</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Accelerations Introduction to Plyometrics</p> <p><u>Weight Session</u> Dynamic Effort (Power)</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Accelerations Introduction to Plyometrics</p> <p><u>Weight Session</u> Dynamic Effort (Power)</p> <p>Cool Down</p> |
| 2 | <p><u>Track Session</u> Warm Up Maximum Velocity</p> <p><u>Weight Session</u> Maximum Effort (Max Strength)</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Maximum Velocity</p> <p><u>Weight Session</u> Maximum Effort (Max Strength)</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Maximum Velocity</p> <p><u>Weight Session</u> 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><u>Track Session</u> Warm Up Resisted Accelerations: Multiple Throws</p> <p><u>Weight Session</u> Dynamic Effort</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Resisted Accelerations: Multiple Throws</p> <p><u>Weight Session</u> Dynamic Effort</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Speed Endurance</p> <p><u>Weight Session</u> 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><u>Track Session</u> Warm Up Speed Endurance</p> <p><u>Weight Session</u> Repeated Effort (Work Capacity)</p> <p>Cool Down</p> | <p><u>Track Session</u> Warm Up Speed Endurance</p> <p><u>Weight Session</u> Repeated Effort (Work Capacity)</p> <p>Cool Down</p> | Day OFF |