



Team BWS

Speed and Agility

- 1) Warm up doing gentle jog. Then sprint drills (see spring drills, use first 7). This should be done twice on each.
- 2) Ladder work- two feet in across and forward. Then one foot in across and forward.
- 3) Small hurdle. Step over five hurdles and then sprint out over 10m.
- 4) Zig zag five cones for change of direction, then sprint 10m.
- 5) Figure of 8 around chairs
- 6) Filling and emptying the square. Pick up cones and place them on a line as quickly as you can. 15 cones. Time yourself.

(these can all be adjusted depending on the equipment you have and the area. For cones etc you could use socks just to mark the area)

Six week Sprint Programme

At the beginning of all the sessions a simple warm up must be done.

Warm up - 800m jog followed by some simple stretching (see full body flexibility program). Then sprint drills (see spring drills, use first 7) all over 20m and twice on each. Once these are finished then five 70% strides should be done.

Cool down- gentle jog over 400m with stretching on quads, glutes, hamstrings and calf muscles in particular and any areas which need attention.

Week 1

Session 1 – 6x 200m. Each 200m should be run at 80% of you fastest, 100m walk and 100m jog recovery

Session 2 – 10 x 60m (Flat out with walk back recovery)

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Week 2

Session 3 – 8 x 150m. Hard as you can on a slight incline. Do four and have 5 minute break and it should be a walk back recovery between each one.

Session 4 – 10 x 30m from a three point start and flat out with walk back recovery.

Week 3

Session 5 – 40m, 50m, 60m, 80m, 100m, 120, 150m, 150m, 100m 40m. 40- 80m should be flat out. The others should be at 80%. Walk back recovery between each one.

Session 6 – 20m,30m,20m,30m,20m,30m,20m,30m,20m,30m. These are all flat out but done from a run in. So you build up to the start cone and run 20m or 30m flat out. Walk back recovery.

Week 4

Session 7 – 10m,20m,30m,40m x 5. These are all flat out from a stand start with walk back recovery. Have two minutes recovery between each set.

Session 8 – 20m out and backs x 12. These are flat out. Have 45 seconds between each one. Concentrate on the turn. Make sure you turn on both sides.

Week 5

Session 9 – 30m run ins x 12. All flat out with 45 second recovery between each one.

Session 10 – 20m x 10 from stand start and all flat out. Get someone to time them. 45 seconds between each one.

Week 6

Session 11 – 30m x 8 flat out sprints with 2 mins recovery between each one. From stand start

Session 12 – 30m run ins x 6. These MUST be as hard as you can with perfect form. 3 minutes recovery between each one.

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IF YOU REALLY FIND THESE SESSIONS TOO HARD THEN REDUCE THEM ACCORDINGLY. YOU MAY HAVE TO DO AS MUCH AS YOU CAN. YOUR LEGS WILL BE TIRED AT TIMES. YOUR BODY WILL RECOVER. MAKE SURE YOU LISTEN TO YOUR BODY, IF SOMETHING HURTS THEN STOP!!!!

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