

HIIT Sprint Program (3 Days per Week)

Focus: Speed, endurance, cardiovascular conditioning

Schedule:

- **Day 1:** Short Sprints & Explosive Power
 - **Day 2:** Medium Distance Sprints & Speed Endurance
 - **Day 3:** Long Sprints & Aerobic Capacity
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Day 1 - Short Sprints & Explosive Power

Warm-Up (10-15 minutes):

- Dynamic stretches (leg swings, arm circles)
- Light jogging or brisk walking for 5-10 minutes

Workout:

1. **30m Sprint** (Max effort) – 8 sets × 30 meters (Rest 1 minute between sets)
 2. **60m Sprint** (Max effort) – 5 sets × 60 meters (Rest 90 seconds between sets)
 3. **100m Sprint** (Max effort) – 4 sets × 100 meters (Rest 2 minutes between sets)
 4. **Acceleration Drills:** (Sprinting from a standstill or crouched position)
 - 5 sets × 10-15 meters (Rest 1 minute between sets)
 5. **Cooldown:**
 - Light jogging or walking for 5-10 minutes
 - Stretching (focus on hamstrings, quads, calves)
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Day 2 - Medium Distance Sprints & Speed Endurance

Warm-Up (10-15 minutes):

- Dynamic stretches (high knees, butt kicks)
- Light jogging for 5-10 minutes

Workout:

1. **200m Sprint** (Max effort) – 6 sets × 200 meters (Rest 2 minutes between sets)
 2. **150m Sprint** (Max effort) – 4 sets × 150 meters (Rest 90 seconds between sets)
 3. **90m Sprint** (Max effort) – 5 sets × 90 meters (Rest 90 seconds between sets)
 4. **Plyometric Drills** (e.g., bounding, squat jumps) – 3 sets × 10-15 reps (Rest 1 minute between sets)
 5. **Cooldown:**
 - Light jogging or walking for 5-10 minutes
 - Stretching (focus on calves, hamstrings, quads)
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Day 3 - Long Sprints & Aerobic Capacity

Warm-Up (10-15 minutes):

- Dynamic stretches (leg swings, hip circles)
- Light jogging for 5-10 minutes

Workout:

1. **400m Sprint** (Max effort) – 5 sets × 400 meters (Rest 3-4 minutes between sets)
 2. **300m Sprint** (Max effort) – 4 sets × 300 meters (Rest 2-3 minutes between sets)
 3. **150m Sprint** (Max effort) – 6 sets × 150 meters (Rest 90 seconds between sets)
 4. **Hill Sprints (If available)** – 5 sets × 20-30 meters uphill (Rest 2-3 minutes between sets)
 5. **Cooldown:**
 - Light jogging or walking for 5-10 minutes
 - Stretching (focus on hamstrings, calves, quads)
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Progression & Notes:

- **Intensity:** Always aim for **maximum effort** during sprints. Push yourself to sprint as fast as you can during each interval.

- **Rest Periods:** Keep rest periods **active** if possible, walking or lightly jogging to maintain a slight heart rate elevation. However, if full recovery is needed, take the complete rest.
- **Progression:** As your fitness improves, you can reduce the rest periods slightly or increase the number of sets for each sprint.
- **Form:** Focus on sprinting with good technique—maintain a proper arm swing, straight posture, and explosive leg drive for maximum power output.
- **Safety:** Ensure you are sprinting on a safe, non-slippery surface to avoid injuries.