

PROJECT DEVELOPMENT PHASE:

Project Development –Delivery of sprint-2

The Rolling Sprint is a workout designed to improve acceleration, or your snap. This workout is time-based rather than distance-based. Unlike the road used for Stand Stills, you do not need to be able to turn around and repeat the same distance over and over.

Find a long, quiet, flat and fairly straight road. A loop in a park will also work. Each effort is 20 seconds with 1:40 recovery in between. Like Stand Stills, start the sprint in the drops and out of the saddle and stay in the same gear during the effort. Since these 20 second efforts are really focused on leg speed, you want a gear where you can get up to speed quickly and are nearly spun out at the end of the 20 seconds. Remember, the goal here is to build your snap.