Godiva 'M' Sprints

2018-19 Training Block 1
29th October – 25th November

Short Sprints Group

Week 1
Mon – Circuit/Weights
Tue – 4-50m – 80-120-150
Wed – AM – Stretching + Home circuit 10min
PM – Weights,)
Thu – 250-250-10Min rec 3-60 4min rec
Sat / Sun– Blocks or Hills Sunday

Week 2
Mon – Circuit/Weights
Tue – Endless 75m
Wed – AM – Stretching + Home circuit 10min
PM – Weights,)
Thu – 300-120-120 15min in rec
Sun – Blocks or Hills Sunday

Week 3
Mon – Circuit/Weights
Tue – 4-50m – 80-120-150
Wed – AM – Stretching + Home circuit 10min
PM – Weights)
Thu – 350-250-150 15Min rec
Sat / Sun– Blocks or Hills Sunday

Week 4
Mon – Circuit/Weights
Tue – 4-120m(ins/outs 10min rec
Wed – AM – Stretching + Home circuit 10min
PM – Weights,)
Thu – 3-300 8 min rec 3-60 4min rec
Sat / Sun– Blocks or Hills Sunday

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Strength Training

All include Hamstring and Hip Complex
These sessions are not set, but merely an expression of the
desired session types

Week 1 - Day 1
• Hang Clean - 3x3-6 at 60-70% (above knees)
• Reverse Lunges or Step Ups – 3x8 at 60-70%
• Front Squat to Press - 3x3-6 at 50-60% of Power Clean

Week 1 - Day 2
• Back Squats - 3x8-12 at 80-85%
• Bench Press - 3x8-12 at 80-85%
• Barbell Bent-Over Rows - 3x8-12

Week 2 - Day 1
• Power Clean - 3x3-6 at 60-70%
• Jump Squats – 3x8 at 30-40%
• Front Squat to Press - 3x3-6 at 50-60% of Power Clean

Week 2 - Day 2
• Deadlifts - 3x8-12
• Incline Bench Press - 3x8-12 at 80-85%
• Step Ups- 3x8-12

During this 4 week block each session will be completed twice,
and 3^rd session that is undertaken within a week should be
focused on stability and injury prevention.

Godiva Marshall Sprints

Stew-AJ