

Sprint Set - Beginner

Warm Up:

4x25s free

4x25s variable (#1 build up, #2 build down, #3 easy, #4 fast)

Main Set:

x2 { 2x25s on :10 rest at 75% effort
25 on :30 rest at 100% effort
50 free on :120 rest easy

Finish with a 25 or 50 **SPRINT!**

Cool Down:

Minimum 2x50s easy

575 or 600m

Sprint Sets will always come up, but they have the benefit of being shorter. If boredom for an hour isn't your thing, get comfortable being uncomfortable with this quick and explosive set!

If you get the the 25 or 50 sprint at the end and don't think you can sprint for a whole 50, I still recommend giving it a crack, I think you'll surprise yourself with the results.