

# NZ Mixed Ultimate Team – Sprint Training Programme

## *Preparation for WUGC, August 1–8, 2004*

The goal of this programme is to improve your sprint endurance and sprint recovery (not necessarily your top speed but rather your ability to maintain that speed over time!). Ideally you will want to do 2 sessions per week through to our assembly in London – maybe only one on the weeks we have a camp depending on the rest of your training schedule. Make sure you have at least a day rest before each camp. The programme is scheduled to start this week and take us through to when we leave. Note there are a couple of extra sessions at the end as with all best intentions you'll no doubt miss one or two for what ever reason – if not never fear I can provide the additional sessions!

### **Warning:**

Although this programme will be the most relevant factor in improving your match fitness and ability to perform to your potential in Turku – it is **hard** and can be very demanding on your body. The most important thing about your training is to get everyone to Turku injury free! Listen to your body and know when you need to give it a break!

- ◆ **Avoid** sprint training on **consecutive days!**
- ◆ **Do not** continue to do the sprints on hard grounds if you have impact injuries
- ◆ **Do** work with a buddy to push yourselves. If you run at different speeds, use staggered starts to handicap the faster runner. Both run for the same time, and rest for the same time (rather than worry about the exact distances)
- ◆ **Do** be prepared to use alternative types of training if necessary eg: swimming / cycling / exercycles / steppers / rowers etc. Just make sure you follow the work to rest times / ratios and work at a high intensity!
- ◆ **Do ensure** you do a gradual and thorough warm-up and stretch prior to commencing any high intensity sprinting.

### **Notes:**

Allow ~4:00 mins rest between each set of sprints. (ie: at a change in distance)

If you think this is too easy **run harder** on your sets! You can do static throw in recovery time if you like – but take the full rest time to allow your energy systems recovery properly so you get the best benefit possible from your training.

The same goes for the rest between consecutive sprints, try and keep as closely as possible to the times given. Sometimes it will seem easy and sometimes like you haven't had nearly enough time to recover, but stick to it!

If the times of the first set in a session seem particularly slow (eg: 400m in 2:00min) use them as warm-ups for what is to follow – it's ok to pace yourself through a session – better to complete all sets within time than just the first one!

If you can't keep to the times or find them too easy! Then adjust the distance accordingly! Note it's great if you can do this at a track (will make your times heaps better than on grass too!) but by no means is it essential – just do the work – the benefits will follow.

Those that are playing at Brass Monkey may want to push the sessions back one slot from the week following the tourney. Those that are “in” season abroad will have to work out your own similar schedule around your own tournaments etc.

Now for the programme...

	<b>Reps</b>		<b>Distance (m)</b>		<b>Time (min:sec)</b>	<b>Rest Period (min:sec)</b>
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**Week Beginning Mon 17 May - 10 weeks until we meet in London.** (post Training Camp 2)

Session 1	5	x	200	in less than	0:35	1:45
	5	x	25	in less than	0:05	0:20
	5	x	100	in less than	0:15	0:50

**Week Beginning Mon 24 May - 9 weeks until we meet in London.**

Session 2	5	x	400	in less than	1:40	4:00
	10	x	50	in less than	0:08	0:25
	3	x	200	in less than	0:35	1:45
	20	x	25	in less than	0:05	0:20

Session 3	8	x	100	in less than	0:15	0:45
	12	x	25	in less than	0:05	0:20
	1	x	400	in less than	1:20	4:00

**Week Beginning Mon 31 May - 8 weeks until we meet in London.**

Session 4	2	x	400	in less than	2:00	4:00 (Stretch)
	10	x	100	in less than	0:15	0:45

Session 5	4	x	200	in less than	0:35	1:45
	10	x	50	in less than	0:08	0:25
	1	x	400	in less than	1:20	3:00
	20	x	25	in less than	0:05	0:20

**Week Beginning Mon 7 June - 7 weeks until we meet in London.** (post Training Camp 3)

Session 6	1	x	800	in less than	3:00	3:00
	5	x	100	in less than	0:15	0:45

**Week Beginning Mon 14 June - 6 weeks until we meet in London.** (post Brass Monkey)

Session 7	5	x	200	in less than	0:35	1:45
	10	x	50	in less than	0:08	0:25
	5	x	100	in less than	0:15	0:45
	10	x	25	in less than	0:05	0:15
Session 8	1	x	400	in less than	1:20	3:00
	10	x	(5x20)	in less than	0:23	1:15
	20	x	50	in less than	0:08	0:25

**Week Beginning Mon 21 June - 5 weeks until we meet in London.**

Session 9	5	x	200	in less than	0:35	1:45
	3	x	400	in less than	1:20	3:00
Session 10	1	x	400	in less than	1:20	1:20
	10	x	(2x20)	in less than	0:10	0:30
	5	x	200	in less than	0:35	1:45
	30	x	10	in less than	0:03	0:10
	6	x	(5x20)	in less than	0:23	1:00

**Week Beginning Mon 28 June - 4 weeks until we meet in London.**

Session 11	4	x	400	in less than	1:20	2:40
	10	x	50	in less than	0:08	0:25
	20	x	25	in less than	0:05	0:15
Session 12	1	x	800	in less than	2:50	2:50
	6	x	200	in less than	0:35	1:45

**Week Beginning Mon 5 July - 3 weeks until we meet in London.**

Session 13	8	x	(4x50)	in less than	0:40	0:45
	8	x	100	in less than	0:15	0:45
Session 14	1	x	400	in less than	1:15	1:20
	30	x	20	in less than	0:05	0:15
	20	x	(2x20)	in less than	0:10	0:30
	1	x	800	in less than	2:45	2:45

**Week Beginning Mon 12 July - 2 weeks until we meet in London.** (post Training Camp 4)

Session 15	4	x	200	in less than	0:35	1:45
	10	x	(2x20)	in less than	0:10	0:30
	20	x	10	in less than	0:03	0:10
	1	x	400	in less than	1:15	1:20
	10	x	20	in less than	0:05	0:15

**Week Beginning Mon 19 July - 1 week until we meet in London.**

Catch up on 1 or 2 sessions if you've missed some otherwise let me know and I'll provide the extra session or two.

Happy Training,  
Gazza.