

Sprint Base

Week	Workout 1	Workout 2	Workout 3
W1 2,200	4 x 100 EZ warm-up STP Test - 400 TT, 10 min EZ, 200 TT 200 EZ cool-down 1,200	2 x 100 EZ warm-up 12 x 25 EZ, 20 RI, Focus on technique 500	2 x 100 EZ warm-up 12 x 25 EZ, 20 RI, Focus on technique 500
W2 2,400	2 x 100 EZ warm-up 4 x 100 @ STP + 8, 20 RI 600	2 x 100 EZ warm-up 4 x 25 EZ, 30 RI, Focus on technique 4 x 100 @ STP + 8, 20 RI 6 x 50 EZ, 30 RI, Focus on technique 1000	2 x 100 EZ warm-up 5 x 100 @ STP + 8, 20 RI 2 x 50 EZ cool-down 800
W3 3,000	2 x 100 EZ warm-up 5 x 100 @ STP + 5, 20 RI 700	2 x 100 EZ warm-up 4 x 100 EZ Pull, 30 RI, Focus on technique 6 x 100 @ STP + 5, 20 RI 2 x 100 EZ cool-down 1400	2 x 100 EZ warm-up 6 x 100 @ STP + 5, 20 RI 2 x 50 EZ cool-down 900
W4 2,300	2 x 100 EZ warm-up 4 x 100 @ STP + 5, 20 RI 600	2 x 100 EZ warm-up 6 x 100 @ STP + 5, 20 RI 2 x 50 EZ cool-down 900	2 x 100 EZ warm-up 5 x 100 @ STP + 5, 20 RI 2 x 50 EZ cool-down 800
W5 3,000	2 x 100 EZ warm-up 5 x 100 @ STP + 5, 20 RI 700	2 x 100 EZ warm-up 4 x 100 EZ Pull, 30 RI, Focus on technique 6 x 100 @ STP + 5, 20 RI 2 x 100 EZ cool-down 1400	2 x 100 EZ warm-up 6 x 100 @ STP + 5, 20 RI 2 x 50 EZ cool-down 900
W6 3,500	2 x 100 EZ warm-up 4 x 100 @ STP + 8, 20 RI, Focus on technique 2 x 100 EZ cool-down 800	2 x 100 EZ warm-up 2 x 200 @ STP + 3, 20 RI 8 x 100 @ STP + 5, 20 RI 2 x 100 EZ cool-down 1600	2 x 100 EZ warm-up 2 x 400 @ STP + 5, 20 RI, Focus on pace 2 x 50 EZ cool-down 1100
W7 4,000	4 x 100 EZ warm-up STP Test - 400 TT, 10 min EZ, 200 TT 200 EZ cool-down 1200	2 x 100 EZ warm-up 6 x 100 EZ Pull, 30 RI, Focus on technique 8 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1800	2 x 100 EZ warm-up 8 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1200
W8 3,200	2 x 100 EZ warm-up 6 x 100 @ STP + 5, 30 RI, Focus on technique 2 x 100 EZ cool-down 1000	2 x 100 EZ warm-up 2 x 200 @ STP + 3, 20 RI 4 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1200	2 x 100 EZ warm-up 6 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1000
W9 4,100	2 x 100 EZ warm-up 4 x 100 @ STP + 8, 30 RI, Focus on technique 2 x 100 EZ cool-down 1100	2 x 100 EZ warm-up 6 x 100 EZ Pull, 30 RI, Focus on technique 8 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1800	2 x 100 EZ warm-up 8 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1200
W10 4,500	2 x 100 EZ warm-up 4 x 200 @ STP + 3, 20 RI, Focus on technique 2 x 100 EZ cool-down 1200	2 x 100 EZ warm-up 4 x 200 @ STP + 3, 20 RI 8 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 2000	2 x 100 EZ warm-up 1 x 400 @ STP + 3, 20 RI, Focus on pace 5 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1300
W11 5,000	2 x 100 EZ warm-up 1 x 400 @ STP + 5, 30 RI, Focus on pace 4 x 100 @ STP, 20 RI 2 x 100 EZ cool-down 1200	2 x 100 EZ warm-up 8 x 100 EZ Pull, 30 RI, Focus on technique 5 x 200 @ STP + 3, 20 RI 2 x 100 EZ cool-down 2200	2 x 100 EZ warm-up 2 x 200 @ STP + 3, 20 RI, Focus on pace 6 x 100 @ STP, 20 RI 2 x 100 EZ cool-down 1600
W12 4,500	2 x 100 EZ warm-up 1 x 400 @ STP + 3, 30 RI, Focus on pace 4 x 100 @ STP, 20 RI 2 x 100 EZ cool-down 1200	2 x 100 EZ warm-up 8 x 100 @ STP, 20 RI, Focus on technique 4 x 200 @ STP + 5, 20 RI 2 x 100 EZ cool-down 2000	2 x 100 EZ warm-up 1 x 400 @ STP + 5, 30 RI, Focus on pace 5 x 100 @ STP + 3, 20 RI 2 x 100 EZ cool-down 1300