

# SPRINT INTERVAL TRAINING

The Sprint Interval Training Challenger routine is perfect for beginners to advanced because everything is scalable. I've taken the best drills from the collegiate and professional level, put my spin on them, packaged them to be accessible to anyone – beginner to advanced.

## **Faster. Stronger. Fitter.**

I've created the most efficient workout package for athleticism and fitness. Optimizing for speed, strength, explosiveness and power. I've tested, retested, calibrated – scrapped the moves that weren't multi-faceted or transferrable, kept the ones that were foundational, stacked skillsets into dynamic athleticism i.e. transfers to all sports and general fitness. I've put together a routine that not just scales from beginner but the cap is unlimited because it's how advanced you want to go.

## **Intensity Levels:**

**Light** – Over 20-30 seconds with low to mild exertion

**Medium** – 20-30 seconds with medium exertion

**High** – 20 seconds with high exertion

**Intense** – 10 seconds with intense, explosive exertion

My recommendation would be to choose an intensity that makes sense for you. If this is the first time or it's been a while, I'd definitely recommend starting light to medium intensity level. Even if you have some experience, Intense is an advanced level. It requires near perfect form and all out explosive movements. So much that at a 10 second duration causes extreme exertion. I would suggest building up to that.

## **Instructions:**

Find a friend or group to do this workout with but this is also great as an individual workout. My recommendation is to find a nice open field or turf, you can also do this on a track.

**Duration:** Perform each drill for as long as you can maintain good form at your intensity level and duration.  
**Rest:** Take adequate rest as needed, up to 1-2 minutes.  
**Drill Selection:** On each day, aim to complete as many drills as possible within the given time frame. Avoid rushing through them. Prioritize maintaining proper form and technique. Stop when your form begins to breakdown. Don't work past pain, fatigue or injury.

## **Workout Schedule:**

**Day 1 & 2:** Allocate 15 minutes for the workout.

**Day 3 & 4:** Allocate 30 minutes for the workout.

**Day 5 & 6:** Allocate 45 minutes for the workout.

**Day 7:** Allocate 1 hour for the workout.

Repeat this cycle throughout your training. The following week remove the 15 minute sessions, while keeping the 30, 45 min and 1hr sessions. And then scale up again the next week. Eventually getting the workouts to be 45 minutes to 1 hour.

## **Goal:**

You might be looking at the schedule and thinking, "I can push myself more than that" or "That seems easy". The goal here isn't to push yourself to your limit. The only goal here is to get into a routine, build a habit and get used to the movements and mechanics. Scale back the duration of the workouts if you have to. Starting at 10 minutes everyday has tremendous impact for building habits and progressions versus forcing yourself to try and do 1 hour workouts 3-4 days a week.

## **Progression:**

Once you can comfortably complete this routine within 40 minutes, you're ready to advance to the next level. This accomplishment unlocks exciting bonuses and the opportunity to tackle the Level 2 challenges and progressions.

Stay focused on maintaining proper form, and gradually build your progressions. With sustainability and consistency, you'll achieve remarkable progress in your Sprint Fit journey.



# SPRINT INTERVAL TRAINING



**Sprint  
Fit**

## LEVEL 1

Perform each drill for as long as you can maintain good form at your intensity level and duration. Take adequate rest as needed, up to 1-2 minutes. On each day, aim to complete as many drills as possible within the given time frame. Avoid rushing through them. Prioritize maintaining proper form and technique. Stop when your form begins to breakdown. Don't work past pain, fatigue or injury.

**Day 1 & 2: 15 minutes. Day 3 & 4: 30 minutes. Day 5 & 6: 45 minutes. Day 7: 1 hour. Repeat cycle.**

Once you can comfortably complete this routine within 40 minutes, you're ready to advance to the next level.

### Starter

- ☐ Resting ATG floor squat 1-2 Minutes

### Split Lunge

- ☐ ATG Split Lunge
- ☐ Standing Hip Hinge
- ☐ Step Back Lunge
- ☐ Kneeling Lunge
- ☐ Sturdy High, Low

### Walking - Continuous sequence

- ☐ Dorsiflex heel walks
- ☐ Heels up walks

### Light Skips

- ☐ Feet rockers skips - Heal to forefoot
- ☐ Loose A-Skips

### Light Activation - Continuous sequence

- ☐ Foot scrapers
- ☐ Ankle dribbles
- ☐ Butt Kickers
- ☐ High Knees

### Lunge sequence

- ☐ Slow and low lunges
- ☐ Reverse slow and low lunges

### Duck Walks

- ☐ Duck Walks - 2 heights
- ☐ Duck Walks Backwards - 2 heights
- ☐ Duck Walks Lateral, Left, Right - 2 heights

### Backwards - Continuous sequence

- ☐ Walk backwards
- ☐ Skip backwards
- ☐ Jog backwards
- ☐ Sprint backwards

### 360 sequence

- ☐ 360 Run, clockwise + counter clockwise, 2 bounds
- ☐ 360 Run, clockwise + counter clockwise, 1 bound
- ☐ 360 single leg pogo, clockwise + counter clockwise, 2 bounds
- ☐ 360 single leg pogo, clockwise + counter clockwise, 1 bound

### Kick sequence

- ☐ Scissor kicks
- ☐ Axe kicks
- ☐ Straight leg bounds
- ☐ Mule Kicks

### Skip sequence

- ☐ Single leg A skips - right leg + left leg
- ☐ Single leg B skips - right leg + left leg
- ☐ Single leg mule kicks - right leg + left leg
- ☐ Dead leg run - right leg + left leg

### March sequence

- ☐ A march
- ☐ A switch in the air
- ☐ A smash
- ☐ A smash, alternating 3

### Bounds sequence

- ☐ Bounds for height - ease in, low, med, intense
- ☐ Bounds for speed & distance - ease in, low, med, intense