



SprintFIT

A Guide to Sprinting for Fitness





- ✗ No gym?
- ✗ No equipment?
- ✗ Tired of bodyweight circuits?
- ✗ Finding it hard to do an **INTENSE** workout in this isolation life?
- ✓ Did you know that all you need for one of the **MOST** intense workouts is a grass field?

Having coached over 100 Olympians and 40 Olympic medalists over the last 40 years, and currently consulting with dozens of professional sports teams around the world, ALTIS is the world-leading resource for all things speed, and we would like to invite you out to do some **SPRINTING!**

Sprinting, and sprint training, is an amazing way to develop key bio-motor abilities like mobility, flexibility, strength, power, coordination, etc.

It is key, however, that you know what you are doing! You wouldn't go into the gym and try to max out your back squat if you have never squatted before. So we have written this short primer to help you make the most of what can be **one of most effective tools to stay in shape.**



WARM-UP

Like every exercise, it is key that we warm-up properly.

Start your warm up with a 5 minute jog, and then perform the following series of dynamic mobility exercises, designed to prepare the body for the intense training to follow. Try to achieve big, open movements that are fluid and smooth. These should be done rhythmically at a comfortable speed.

DYNAMIC MOBILITY

1 x 40m continuous back and forth.

(or however many meters you have available)

- Forward Skip with alternating arms
- Backward Skip with swinging arms across
- Side Shuffle with overhead arm swing
- Forward Skip with Lunge & Reach
- Backward Reaching Long Walk
- Carioca with criss-cross arms



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TECHNICAL DRILLS

2 x 20m with walking, or lightly skipping, back between each drill.

These drills will help you understand some of the postures, movements, and forces of sprinting, and get you ready to sprint more intensely.

- A-March
- A-Skip
- A-Run



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BOUNDING

2 x 30m each, with walk back recovery in between.

When the weight room is not available, bounding activities can fill the gap, and help develop power and elasticity. Some bounding is really challenging, but our favorite - for all levels - is 'power skipping'. Start smoothly, and build intensity throughout!



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- Skips for Height
- Skips for Distance

At this point you should feel pretty prepared for your sprint workout (yes - we warm up for a LONG time - in fact, our elite sprinters often warm-up for up to an hour)!

Now - you can pick one of the following two sessions (but please do not do both; sprint training is very demanding, and especially if you are not familiar with the movements, too much volume of intense work can lead to getting hurt)!





1 ACCELERATION

This is the initial portion of a sprint, and should be performed at a high effort level.

- 10m acceleration with a walk-in start
Then take 1 minute rest, and repeat 5 times
- 20m acceleration from a 2 point start
Then take 90 seconds rest, and repeat 4 times
- 30m acceleration from a 3 point start
Then take 90 seconds rest, and repeat 4 times



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With all of these accelerations, focus on the following technical pointers:

To begin - lean forward, and feel the pressure in your feet as if you are about to fall

Push back HARD, and split your arms and legs aggressively

Create BIG and OPEN 'shapes' - focus on exploring the end of your range

Keep your ankles tight and strong - so you can 'bounce' off the ground (a good way to think about this is if you were to punch something, you would squeeze your fist tight - it is the same with your ankle - pull your foot up towards your knee)

Slowly rise your body and your head as you accelerate - like a plane taking off from a runway!

Feel your rhythm (stride frequency) getting faster with each step



2 MAXIMUM VELOCITY

This is the point in your run you have risen to an upright position, and are moving FAST!

We call this workout a build-up - where we gradually increase speed, going through 'our gears', from 1st, to 2nd, to 3rd, and up to whatever gear you have. Once you are at maximum speed, hold this for 20m, and then gradually slow down.

- Each run will be 40-60m in length
- It is important not to go further, as we will no longer be working on maximum speed, and instead are now working on endurance abilities!
- Try to complete 5-8 of these, with 3-5 minutes rest. If 3-5 minutes of passive rest is too long for you, feel free to perform some core work in between



CLICK TO PLAY





With all of the runs, focus on the following technical pointers:

Accelerate just as in the acceleration session above, then

Focus on getting as **tall** as you can - pretend there is a man in the clouds with a string attached to the top of your head, and he is pulling you up to the sky

Drive your thighs up and forward - keep your thighs in front of your hips!

Keep your ankles tight

Be free and bouncy

Need some motivation to get you through the workout?



COOL - DOWN

Make sure you take some time after the workout to loosen up and recover from the hard session. We recommend at least 5 minutes of skipping and jogging, and then 5-10 minutes rolling out some of your tight tissues. It will no doubt take a few workouts to get comfortable with the warm-ups, drills, and the sprint workouts. **This is totally normal!**

You will no-doubt feel like a bit of a klutz the first time you go through any new exercise.

Just be patient, and give it some time. You will improve very quickly!





TOP TIPS



Don't try to kill it on the first day or two. It is very important to get the technique down right, so you can maximize this type of work. You wouldn't go into the weight room and try to squat a ton of weight with crappy form. It is the same with sprinting!



Take at least two days between sessions. Remember that sprint training is some of the most intense work you can perform. Proper recovery between sessions is key!



Normal running shoes are fine for sprint work. Don't feel the need to go out and buy sprint spikes, and sneak onto a track somewhere!



We do not recommend sprinting on uneven surfaces, concrete, or chewed up fields. Try to find some nice smooth grass!



Most-importantly - have fun! Invite some friends out with you - just be sure to practice safe 'distancing'! Once your technique is good, you can even time each other's sprints!

HOW DID IT GO?

TAG US IN YOUR WORKOUT VIDEOS!





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A huge thank you to the Ella Nelson, Astrid Nyame and Max Hairston for contributing

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