

Sprint Training Phases

PHASE

1



Training To Train

Training is basic & focused on overall fitness vs. sprint-specific work. Progression is achieved through increasing the volume of training each week.

PHASE

2



Event-Specific Preparation

Workouts are designed to prepare for competition training. Intensity & volume are increased by 40-50% & recovery becomes more active.

PHASE

3



Speed Phase

Pure speed training & more intense sprinting replace tempo work in previous phases. Sprinting technique is practiced every day & efforts are timed.

PHASE

4



Pre-Com /Comp

Micro-cycle planning. Technical speed work is the focus & race performance is fine-tuned.

PHASE

5



Recovery Phase

Recovery is crucial to the foundation of every training cycle. Quality recovery is active & includes low-impact, low-volume, or low-intensity workouts.



OUTPERFORM

Sprint 670user Guide

**National Strength & Conditioning
Association (U.S.)**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the text box.

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