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16-Week Short Sprint Program: Week 1

Created By: Chuck Lobe

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

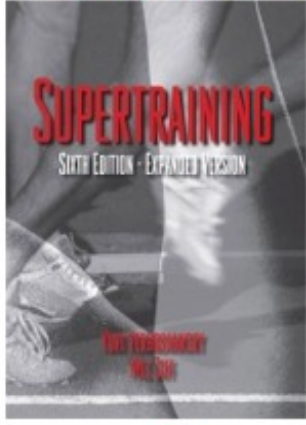
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	1	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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16-Week Short Sprint Program: Week 2

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

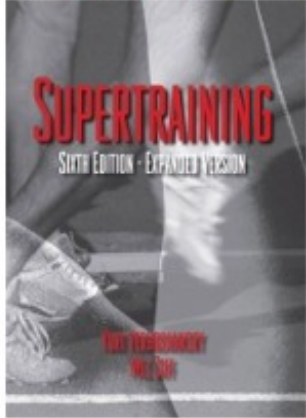
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	2	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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16-Week Short Sprint Program: Week 3

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

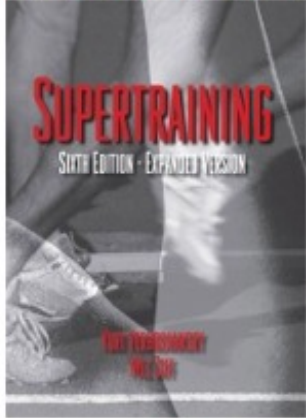
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

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16-Week Short Sprint Program: Week 4

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

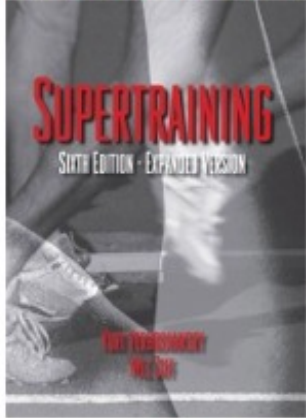
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 5

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

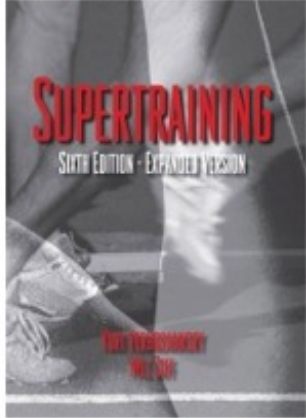
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 6

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	1	100%	10 Seconds

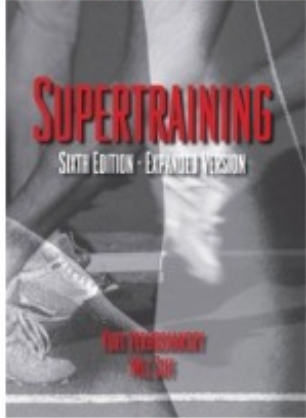
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	2	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	3	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 7

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

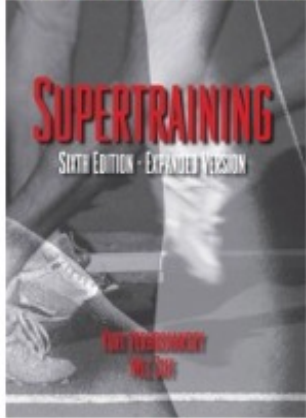
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds

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16-Week Short Sprint Program: Week 8

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

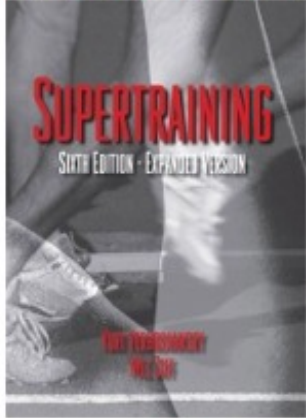
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	1	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	2	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	1	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 9

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

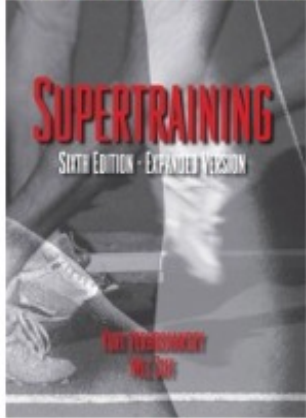
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 10

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

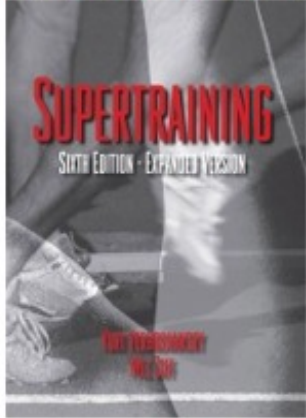
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 11

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

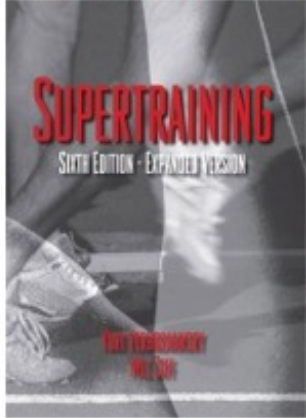
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 12

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	5	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

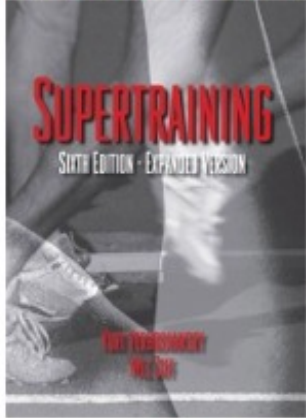
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 13

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

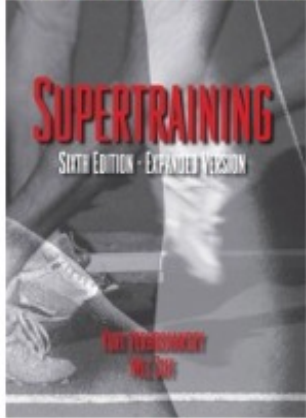
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 14

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

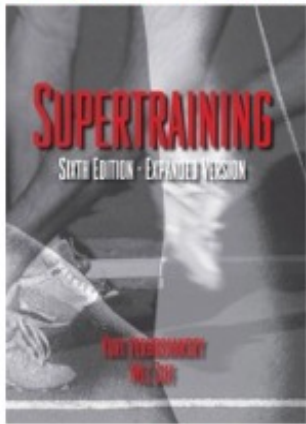
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 15

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds

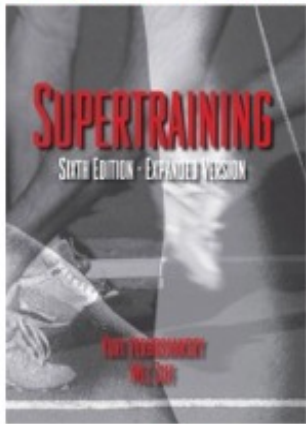
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	30 Yards	3	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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16-Week Short Sprint Program: Week 16

MONDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	6	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	5	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

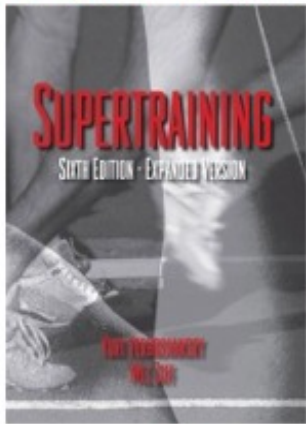
WEDNESDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	3	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds
REST 1 MINUTE				
4	40 Yards	2	100%	10 Seconds

FRIDAY

Set	Distance	Reps	Effort	Rest
1	5 Yards	5	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	4	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	4	100%	10 Seconds
REST 3 MINUTES				
1	5 Yards	4	100%	5 Seconds
REST 1 MINUTE				
2	10 Yards	3	100%	5 Seconds
REST 1 MINUTE				
3	20 Yards	3	100%	10 Seconds

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