



# SPRINTS

BY DAREBEE @ [darebee.com](http://darebee.com)

## Walk / Sprints

1 minute walk  
**30 second sprint**  
1 minute walk  
**30 second sprint**  
1 minute walk  
**1 minute sprint**  
  
5 sets in total

## 1 & 1 Sprints

2 minute warmup jog  
  
**1 minute sprint**  
1 minute rest  
  
**5 sets in total**  
2 minute  
cool down run

## HIIT Sprints

2 minute warmup jog  
  
**20 second sprint**  
20 second walk  
  
**5 sets in total**  
2 minute  
cool down run

## Touchdown Sprints

To the destination  
and back ~ 50 meters  
with a touchdown  
  
**5 sprints non-stop**  
Up to 2 minutes rest  
**10 sprints non-stop**  
Up to 2 minutes rest  
**5 sprints non-stop**  
  
2 minute  
cool down run

## Speed-Up Sprints

2 minute warmup jog  
  
**20 second walk**  
**20 second jog**  
**20 second sprint**  
1 minute rest  
  
**5 sets in total**  
2 minute  
cool down run

## Speed Drills

5 minute warmup jog  
  
**5 sec sprint**  
**10 sec sprint**  
**15 sec sprint**  
**20 sec sprint**  
**15 sec sprint**  
**10 sec sprint**  
**5 sec sprint**  
  
up to 60 second  
rest between sprints