

## SPRINTS

Sprint	Volume	Distance	Resistance	Recovery	Description
<b>Starting Strength</b>	10 - 12	10m - 40m	<b>Gearing Hill, Grass</b>	5 -10 mins	<b>Box Start:</b> <ul style="list-style-type: none"> <li>• Increase the resistance with the use of gearing changes start hill increments or grass.</li> <li>• Sprint length and recovery time can be altered to suit the training phase you are in.</li> <li>• Alternate starting foot to add change and adaption.</li> <li>• Flat pedals should be a higher priority with these sprints for increased pedal efficiency.</li> </ul>
<b>Acceleration</b>	10 - 12	40m - 60m	<b>Gearing - Hill</b>	5 – 10 mins	<b>Rolling Start:</b> <ul style="list-style-type: none"> <li>• 15 - 20kph starting speed.</li> <li>• Change of resistance with the use of gearing changes, flat ground or slight downhill.</li> <li>• Sprint length and recovery time can be altered to suit the training phase you are in.</li> <li>• Flat or clip pedals can be used.</li> </ul>
<b>Overspeed</b>	8 - 10	40m - 60m	<b>Gearing – Hill - Rollers</b>	5 – 10 mins	<b>Rolling Start:</b> <ul style="list-style-type: none"> <li>• 30+kph.</li> <li>• Gearing, crank length, start hill size all play a part in altering the resistance and cadence.</li> <li>• Sprint length and recovery time can be altered to suit the training phase you are in.</li> <li>• Clip pedals should be a priority with these sprints for increased cadence and safety.</li> </ul>

- Please note that younger riders and beginners should start on flat ground only. Limit the sprints to Starting Strength and Acceleration prior to moving into overspeed.
- **Pre-season Training:** Increase volume and distance with shorter recovery time.
- **Competition Training:** Decrease volume and distance with longer recovery time.
- Add or remove sprints from your program to work with your strengths and weaknesses.
- Cut back the sprint volume if you're incorporating multiple sprint efforts.