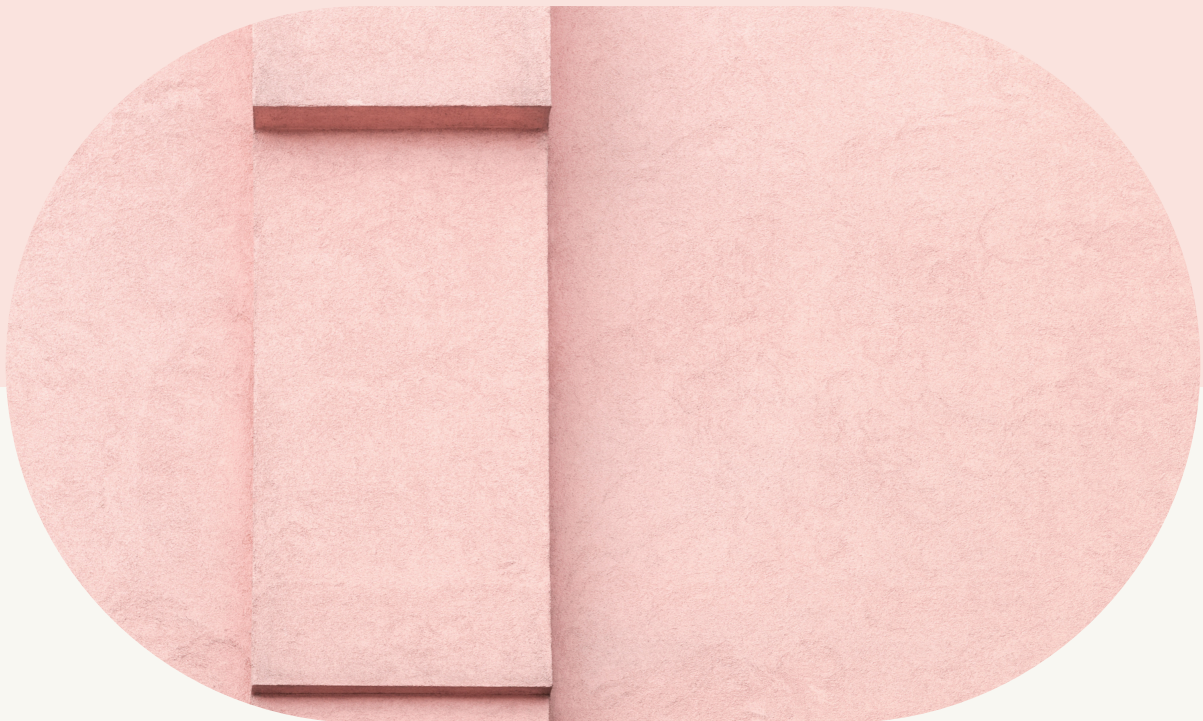


# 4 WEEK SPRINTING GUIDE

BEGINNER  
INTERMEDIATE  
ADVANCED



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WHOLE LOVELY LIFE

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# HOW TO USE THIS GUIDE

This guide is designed to help you incorporate sprinting into your routine safely and effectively. Whether you're a beginner, intermediate, or advanced this guide has everything you need.

## HOW MANY DAYS A WEEK SHOULD I SPRINT?

For most people, sprinting 1-2 times per week is a great starting point. If you're more experienced or looking to push your progress, you can increase to 2-3 times per week. Always listen to your body and allow proper recovery between sessions. Sprinting is intense, and overdoing it can lead to fatigue or injury.

## HOW DO I KNOW WHEN I'M READY TO MOVE TO THE NEXT LEVEL?

You'll know you're ready to progress when:

- Your current sprint workouts feel easier, and you're recovering well.
- You can complete all sprints at high intensity without feeling excessively fatigued.
- Your speed, endurance, or sprint times are improving.
- You no longer feel as sore after sessions which indicate better adaptation.

If you're consistently hitting these markers then it's a sign you can level up from beginner to intermediate or from intermediate to advanced. You can also add an extra sprinting day per week if you find that you have hit some but not all of these markers.

# HOW TO USE THIS GUIDE

## HOW DO I KNOW IF I'VE OVERDONE IT:

Sprinting is demanding so it's essential to recognize when you need rest.

Signs you may need more recovery time include:

- Lingering muscle soreness that lasts more than 2-3 days.
- Decreased performance (feeling slower or more fatigued during sprints).
- Joint pain or excessive stiffness.
- Increased heart rate at rest or disrupted sleep.
- Feeling drained instead of energized after your sprint workout.

If you experience any of these it's time to scale back and add more rest days. Focus on recovery activities like walking, stretching, and mobility work. You can also reduce the number of days you are sprinting per week or shorten your rounds to half if you want to continue sprinting but just want to scale it back.

## MEASURING YOUR PROGRESS:

Tracking progress helps keep you motivated and ensures you're improving. Here's how you can measure your sprinting gains:

- Sprint Time: Time how long it takes you to cover a set distance. If you are sprinting outside or on a track it could be looking at the meters you are running and the time. If on a treadmill it could be tracking your mph over time.

## HOW TO USE THIS GUIDE

- Endurance: Track how many sprints you can complete before feeling fatigued. Do you feel like you can do more than the number of rounds assigned each week?
- Speed + Power: Notice if you're running faster or feeling stronger when sprinting.
- Recovery: Measure how quickly you catch your breath after each sprint. Do you feel ready to go again before your recovery time is over?
- Body Composition: Pay attention to changes in fat loss, muscle tone, and overall fitness levels. Not the number of the scale but how you look, feel and how your clothing fits.

To get the most out of this guide consistency is key! Success is found in the things we do most of the time not the things we do occasionally. In addition progress at your own pace and pay attention to how your body responds.

This plan will help you unlock your full potential and you will find that you can do something you may have never thought was possible. Congratulate yourself for embarking on this journey.

Making our health a top priority is the number one thing we can do for our future. And, with this guide you can do it in 30 min or less!

***"Your future self will thank you for the work you put in today".***

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**BEGINNER**

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# WEEK ONE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN BRISK WALK.

## **SPRINT ROUNDS: 8 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 23 MIN

**WORKOUT: 30 SECONDS POWER WALK (WALKING AS FAST AS YOU CAN) + 30 SECONDS LIGHT JOG**

# WEEK TWO

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 9 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 24 MIN

**WORKOUT: 20 SECONDS JOG + 10 SECONDS SPRINT +  
60 SECOND WALK**

# WEEK THREE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 12 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 27 MIN

**WORKOUT: 30 SECONDS SPRINT + 90 SECONDS WALK**



# WEEK FOUR

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 12 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 27 MIN

**WORKOUT: 30 SECONDS SPRINT + 60 SECONDS WALK**

# INTERMEDIATE

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# WEEK ONE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 11 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 26 MIN

**WORKOUT: 20 SECOND SPRINT + 60 SECONDS WALK**

# WEEK TWO

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 9 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 24MIN

**WORKOUT: 30 SECOND SPRINT + 60 SECONDS WALK**

# WEEK THREE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 13 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 28MIN

**WORKOUT: 40 SECONDS SPRINT + 60 SECONDS WALK**

# WEEK FOUR

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 15 MIN**

REPEAT 10X

## **COOL DOWN: 5 MIN**

5 MIN WALK, STRETCH AND FOAM ROLL.

TOTAL WORKOUT TIME: 30 MIN

**WORKOUT: 30 SECONDS SPRINT + 60 SECONDS WALK**

**ADVANCED**

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# WEEK ONE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 10 MIN**

REPEAT 10X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 25 MIN

**WORKOUT: 15 SECOND SPRINT + 45 SECONDS WALK**



# WEEK TWO

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 12 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 27 MIN

**WORKOUT: 30 SECOND SPRINT + 60 SECONDS WALK**

# WEEK THREE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 13 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 28 MIN

**WORKOUT: 40 SECONDS SPRINT + 60 SECONDS WALK**

# WEEK FOUR

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 13 MIN**

REPEAT 10X

## **COOL DOWN: 5 MIN**

5 MIN WALK, STRETCH AND FOAM ROLL.

TOTAL WORKOUT TIME: 28 MIN

**WORKOUT: 30 SECONDS SPRINT + 45 SECONDS WALK**

# ADVANCED: HILLS

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# WEEK ONE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 10 MIN**

REPEAT 8X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 15 MIN

**WORKOUT: 15 SECOND HILL SPRINT (OUTSIDE ON A HILL OR 3-10 INCLINE ON A TREADMILL) + 60 SECONDS WALK**

# WEEK TWO

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 11 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 26 MIN

**WORKOUT: 20 SECOND HILL SPRINT (OUTSIDE ON A HILL OR 3-10 INCLINE ON A TREADMILL) + 90 SECONDS WALK**

# WEEK THREE

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 9 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK AND STRETCH.

TOTAL WORKOUT TIME: 24 MIN

**WORKOUT: 30 SECOND HILL SPRINT (OUTSIDE ON A HILL OR 3-10 INCLINE ON A TREADMILL) + 60 SECOND WALK**

# WEEK FOUR

## **WARM UP: 10 MIN**

5 MIN OF GENTLE MOVEMENT, FOAM ROLLING, MOBILITY, OR STRETCHING.

5 MIN INCLINE BRISK WALK OR JOG

## **SPRINT ROUNDS: 8 MIN**

REPEAT 6X

## **COOL DOWN: 5 MIN**

5 MIN WALK, STRETCH AND FOAM ROLL.

TOTAL WORKOUT TIME: 23 MIN

**WORKOUT: 30 SECOND HILL SPRINT (OUTSIDE ON A HILL OR 3-10 INCLINE ON A TREADMILL) + 45 SECOND WALK**



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