

SPRINTS

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

- 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.