

## Referee 8-Week Return to Sprinting Programme

Injury Prevention Warm up	Sets	Reps	Rest	Session RPE	Sets	Reps	Rest	Session RPE	Sets	Reps	Rest	Session RPE	Sets	Reps	Rest	Session RPE
<b>20m Jog x 3, 20m lateral shuffle x 2 (each side), 20m A-Skip x 2, 20m Walking Lunges, 10m acceleration to 5m backpedal x 4, CMJ x 8</b>																
Prisoner Squats	1	10	30s		1	10	30s		1	10	30s		1	10	30s	
Lateral hop & Stick   Pogos	1	10	30s		1	10	30s		1	10	30s		1	10	30s	
Single leg RDL	1	6	30s		1	6	30s		1	6	30s		1	6	30s	
Resisted Clams	2	6	30s		2	6	30s		2	6	30s		2	6	30s	
Hamstring Walkouts or Nordics	2	5	30s		2	5	30s		2	5	30s		2	5	30s	
Plank	1	5	20 on 10 off		1	5	20 on 10 off		1	5	20 on 10 off		1	5	20 on 10 off	
<b>Alternate SL Bounding 2 x 6 bounds, ¼ Pace 20m x 3 (walkback recovery), 20m sprint x 3 (walkback recovery), 30m sprint x 2 (walkback recovery)</b>																

Return to Sprinting (Month 1)		WEEK 1					WEEK 2					WEEK 3					WEEK 4				
<b>Follow Injury Prevention Warm up Prior to Session</b>																					
Interval Sprints	Rest (sets)	Sets	Reps	Rest (reps)	Speed	Distance/RPE	Sets	Reps	Rest	Speed	Session RPE	Sets	Reps	Rest	Speed	Session RPE	Sets	Reps	Rest	Speed	Session RPE
20m Sprint	90s	2	5	20s	100%	200m RPE:	2	5	20s	100%	200m RPE:	2	6	20s	100%	240m RPE:	2	6	20s	100%	240m RPE:
40m Sprint	90s	2	4	30s	80%	320m RPE:	2	4	30s	90%	320m RPE:	2	4	30s	100%	320m RPE:	2	4	30s	100%	320m RPE:
60m Sprint	150s	2	3	40s	80%	360m RPE:	2	3	40s	90%	360m RPE:	2	4	40s	90%	480m RPE:	2	4	40s	100%	480m RPE:
80m Sprint	180s	2	2	60s	80%	320m RPE:	2	2	60s	90%	320m RPE:	2	3	60s	90%	480m RPE:	2	3	60s	95%	480m RPE:
<b>Stretches 1-9 2x30s holds each side</b>																					
Return to Sprinting (Month 2)		WEEK 5					WEEK 6					WEEK 7					WEEK 8				
<b>Follow Injury Prevention Warm up Prior to Session</b>																					
Interval Sprints	Rest (sets)	Sets	Reps	Rest (reps)	Speed	Session RPE	Sets	Reps	Rest	Speed	Session RPE	Sets	Reps	Rest	Speed	Session RPE	Sets	Reps	Rest	Speed	Session RPE
20m Sprint	90s	2	6	20s	100%	240m RPE:	2	6	20s	100%	240m RPE:	2	6	20s	100%	240m RPE:	2	6	20s	100%	240m RPE:
40m Sprint	90s	2	4	30s	100%	320m RPE:	2	5	30s	100%	400m RPE:	2	5	30s	100%	400m RPE:	2	5	30s	100%	400m RPE:
60m Sprint	150s	2	4	40s	100%	480m RPE:	2	4	40s	100%	480m RPE:	2	5	40s	100%	600m RPE:	2	5	40s	100%	600m RPE:
80m Sprint	180s	2	3	60s	100%	480m RPE:	2	3	60s	100%	480m RPE:	2	3	60s	100%	480m RPE:	2	4	60s	100%	640m RPE:
<b>Stretches 1-9 2x30s holds each side</b>																					

# Performance | Longevity | Conditioning

Providing long term solutions to what could be future problems

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FACEBOOK: PERFORMANCE LONGEVITY CONDITIONING

- Complete the Injury Prevention Warm up from the previous page prior to any sprint training (Follow video instructions).
- Follow the intensity/speed guidelines for the first month (particularly if you haven't done any high-speed running or sprinting for some time).
- Try and complete 1-2 High Speed/Sprint sessions per week alongside 1-2 low intensity aerobic running sessions and at least 1 strength training session.
- Ensure to leave 24-48 hours recovery between any high intensity sessions such as intense sprinting or heavy gym sessions.