



Main goal : General Fitness - Cardio
Training level : Beginner - Full Body
Program duration : 8 Weeks
Days per week : 2 Days
Time per workout : 15-30 Mnutes
Equipments : None
Client : Male & Female



Power Building Beginner Hill Sprint Workout Plan

Main Goal

Go from slug to sprinting machine in only 8 short weeks. This workout plan is designed to help you build power, speed, endurance and burn fat too!

Workout Schedule

Day 1 - Saturday : Active

Day 2 - Sunday : Active

Day 3 - Monday : Active

Day 4 - Tuesday: Off

Day 5 - Wednesday : Active

Day 6 - Thursday: Active

Day 7 - Friday : Off

WEEK / DAY	Day 1 Saturday	Day 2 Sunday	Day 3 Monday	Day 4 Tuesday	Day 5 Wednesday	Day 6 Thursday
Week 1						
Week 2						
Week 3						
Week 4						
Week 5						
Week 6						
Week 7						
Week 8						

Note : Mark the day you went to training .

Workout Description

Hill sprints are great for building power and speed. They are also an extremely fun form of HIIT cardio, and a great addition to any fat loss plan. But if you're new to them, where do you start? Great question!

The following cardio workout plan is designed to help a sprinting novice safely build conditioning and power. You will start slow and easy, and add sessions and distance over time. At the end of 8 weeks you will be in great shape, have more energy, and feel confident tackling even the most brutal sprinting session.

Beginner Hill Sprint Workout Plan

During the first 2 weeks you will be using only 2 sessions. Muscle soreness may be pretty intense. Take your time and ease into things. Don't try to run like an Olympic sprinter just yet.

Above all things, listen to your body on each given training day. You want to give a good effort, but also train smart. Your endurance, speed and power will start to shine soon enough.

Weeks 1-2: 2 sprinting sessions per week, with at least 2 days of rest between workouts.

Weeks 3-6: 3 sprinting sessions per week, with at least 1 day of rest between workouts.

Weeks 7-8: Peak weeks. 4 sprinting sessions per week, performed in 2 session blocks with at least one rest day between each block.



Hill Sprint Workouts - Weeks 1-8

DISTANCE	SPRINTS	REST
Week 01 - First Workout		
10 Yards	5	60 seconds
20 Yards	2	60 seconds
Week 01 - Second Workout		
10 Yards	5	50 seconds
20 Yards	2	60 seconds
Week 02 - First Workout		
10 Yards	5	40 Seconds
20 Yards	3	60 Seconds
Week 02 - Second Workout		
10 Yards	5	30 Seconds
20 Yards	4	60 Seconds
Week 03 - First Workout		
10 Yards	5	25 Seconds
20 Yards	4	55 Seconds
30 Yards	1	
Week 03 - Second Workout		
10 Yards	5	25 Seconds
20 Yards	4	50 Seconds
30 Yards	2	60 Seconds
Week 03 - Third Workout		
10 Yards	5	25 Seconds
20 Yards	4	45 Seconds
30 Yards	3	60 Seconds
Week 04 - First Workout		
10 Yards	5	20 Seconds
20 Yards	4	40 Seconds
30 Yards	3	55 Seconds
40 Yards	1	
Week 04 - Second Workout		
10 Yards	5	20 Seconds
20 Yards	4	35 Seconds
30 Yards	3	50 Seconds
40 Yards	1	

Article link : <https://waleedalmadawy.com/the-complete-guide-to-lose-weight-with-nutrition-and-exercises/>



Hill Sprint Workouts - Weeks 1-8

DISTANCE	SPRINTS	REST
Week 04 - Third Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	45 Seconds
40 Yards	1	60 seconds
Week 05 - First Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	60 Seconds
50 Yards	1	
Week 05 - Second Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	60 Seconds
50 Yards	1	
Week 05 - Third Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	60 Seconds
50 Yards	1	
Week 06 - First Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	55 Seconds
50 Yards	1	
Week 06 - Second Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	55 Seconds
50 Yards	1	

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Hill Sprint Workouts - Weeks 1-8

DISTANCE	SPRINTS	REST
Week 06 - Third Workout		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	55 Seconds
50 Yards	1	
Weeks 07 and 08 - All Workouts		
10 Yards	5	20 Seconds
20 Yards	4	30 Seconds
30 Yards	3	40 Seconds
40 Yards	2	50 Seconds
50 Yards	Max*	60-90 Seconds

* Do as many as your body feels like doing. Push yourself and have fun.

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