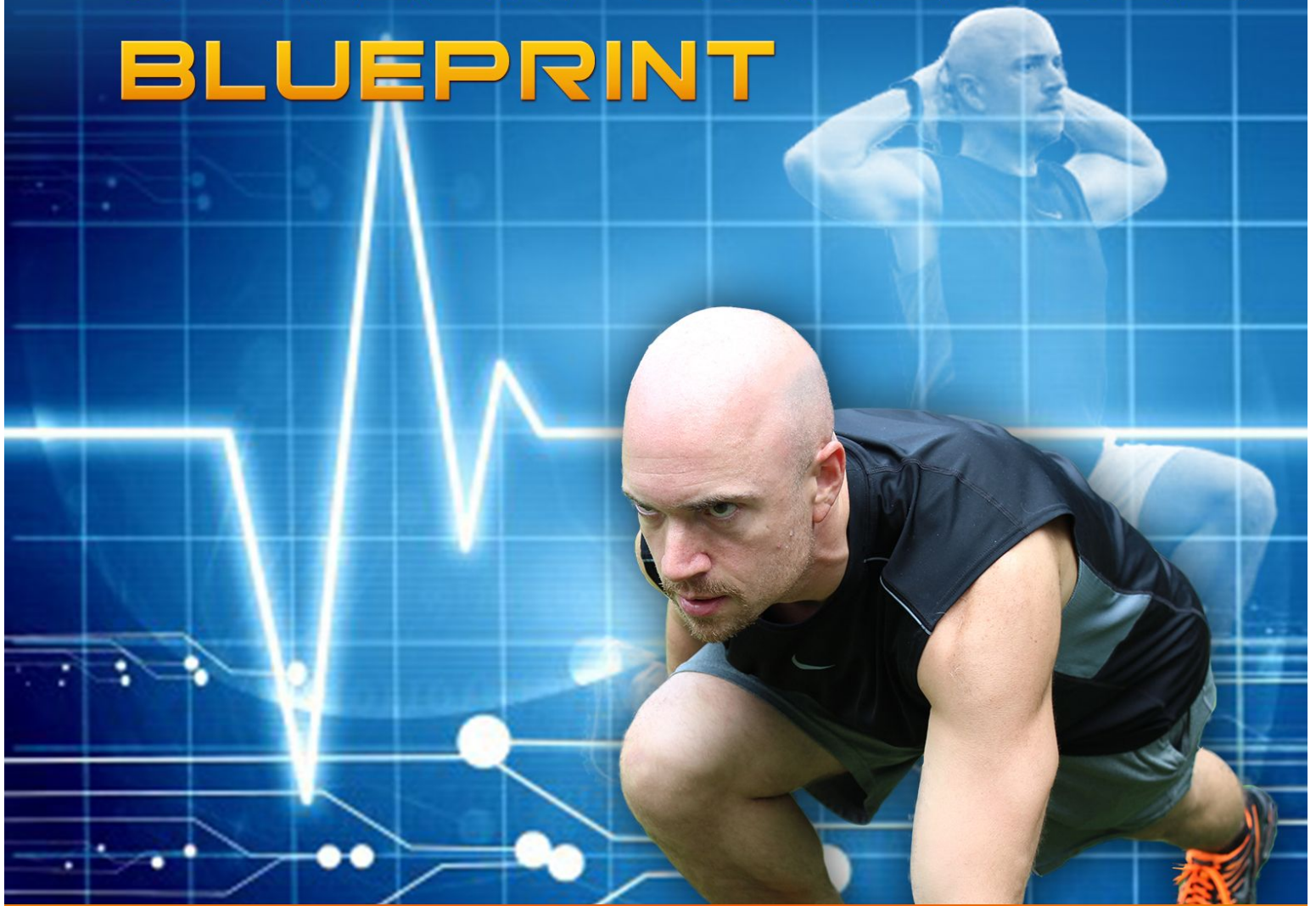


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SPRINT CONDITIONING

**6-WEEK SCHEDULE
BLUEPRINT**



MIKE WHITFIELD, MASTER CTT

Welcome from Mike Whitfield & Sprint Conditioning...



Inside this manual, you'll get a day-to-day workout plan for the next 6 weeks to transform your body and your life.

It's laid out for you – you just have to do the work!

Just follow the 6-week as outlined in this very easy-to-follow day-to-day plan. No thinking involved. Some people just want to be told what to do on what days and that's OK. You're a detailed person... that's a good thing!

Follow this schedule to a T, and you'll look AMAZING at the end of the 6 weeks. Just stay consistent (and of course, get your nutrition in order).

And if you feel you need more rest, don't hesitate to take it. Always remember – safety first!

By the way, PLEASE use the check box after each day. This is one incredible accountability tool. There's not a better feeling in the world than checking off something that you know will change your life.

To your success,
Mike Whitfield, Master CTT

PS – Any questions about exercises and the workouts? Let me know on my Facebook page here:

www.Facebook.com/WorkoutFinishers

IMPORTANT NOTE – Please refer to the main Sprint Conditioning Manual Exercise Library for exercise photos and descriptions. Or better yet, watch the Platinum Customer Coaching videos!

Disclaimer:

You must get your physician's approval before beginning this exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits. Before partaking in the exercises in this or any other program, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified fitness trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. **Always** do a warm-up prior to any exercise including but not limited to interval training. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including but not limited to Crank Training / WorkoutFinishers.com. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

This Warm-Up MUST Be Completed Before ANY of the Workouts!

Do the following circuit twice, resting for 30 seconds between circuits. Once you're done with the second circuit, rest 30 seconds and then do your specific sprint warm-ups.

Bodyweight Squat (10)
T Pushups (3/side)
Jumping Jacks (15)
Leg Swings (15/side)

Specific sprint warm-ups

If you're using the sprint exercise substitutions, use that exercise as your warm-up as well

Sprint (20 secs) at about 50% of your maximum speed, rest 30 seconds, then...
Sprint (20 secs) at about 70% of your maximum speed, rest 30 seconds, then...
Sprint (20 secs) at about 80% of your maximum speed, rest 1-2 minutes, then...

Begin your workout!

Note about your off days ...

I believe in staying active on your off days, but keeping it low intensity. The idea is to **stay off the couch**.

You can do anything, but here are a few ideas:

- A brisk walk or light jog
- Taking your kids to the park
- Yoga
- Swimming
- Taking your dog for a walk
- Mobility/Recovery routine (This entire routine is on the next page)

So, you'll be instructed to "Stay Active" on your off days.

Mobility and Recovery Routine for Off Days (This is your optional off day activity)

Do the following circuit ONE time:

Bodyweight Squat (10 reps)
Arm Crosses (15 reps)
Stick-up (12 reps)
Neck Rolls (5 reps per side)
Bird Dog (5 reps per side)
1-Leg Lying Hip Extensions (5 reps per side)
SCREACH (5 reps per side)
Bodyweight 1-Leg Romanian Deadlift (10 reps per side)
Pushups (6 reps – take 2 seconds to go down and 2 seconds to come up)
Step-Overs (5 reps per side)
Leg Swings (20 reps per side)

Stretches (optional if you're feeling tight):

Psoas Stretch (30 seconds per side)
Chest Stretch (30 seconds per side)
Lying Quad Stretch (30 seconds per side)
Lying Hamstring Stretch (30 seconds per side)
Lying Glute Stretch (30 seconds per side)

The photos and exercise descriptions are below on the next page:

**Mobility Exercises and Descriptions are Shown
in Order of Appearance**

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Arm Crosses

- Stand with one arm down (thumb down) and one arm up (thumb up).
- Bring your arms across your body and switch hand & thumb positions.
- Return to the start position.



6-Week Detailed Workout Schedule

Stick-up

- Stand with your back against a wall. Your feet should be 6 inches away from the wall and your butt, upper back, and head should all be in contact with the wall at all times.
- Stick your hands up overhead. Keep your shoulders, elbows, and wrists touching the wall. Slide your arms down the wall and tuck your elbows into your sides.
- This should bring your shoulder blades down and together, contracting the muscles between your shoulder blades as well as the shoulder muscles.
- From the bottom position, try to slowly slide your arms up until they are straight and in a "stick-em up" position. Try to improve your range of motion each week.
- The goal is to improve shoulder mobility and postural control.



Neck Rolls

- Tilt your head toward your right shoulder.
- Tuck your chin in and slowly roll your head to your chest.
- Repeat for the other side.



6-Week Detailed Workout Schedule

Bird Dog

- Kneel on a mat and place your hands on the mat under your shoulders. You should be on “all fours”. Brace your abs.
- Raise your right hand and left leg simultaneously while keeping your abs braced.
- Point your right arm straight out from your shoulder and your left leg straight out from your hip. Your pelvis should not rotate (if someone placed a ball in the small of your back, it shouldn't have fallen off). Your back should be flat like a table.
- Hold for 3-5 seconds and then slowly lower without rotating your pelvis.



1-Leg Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



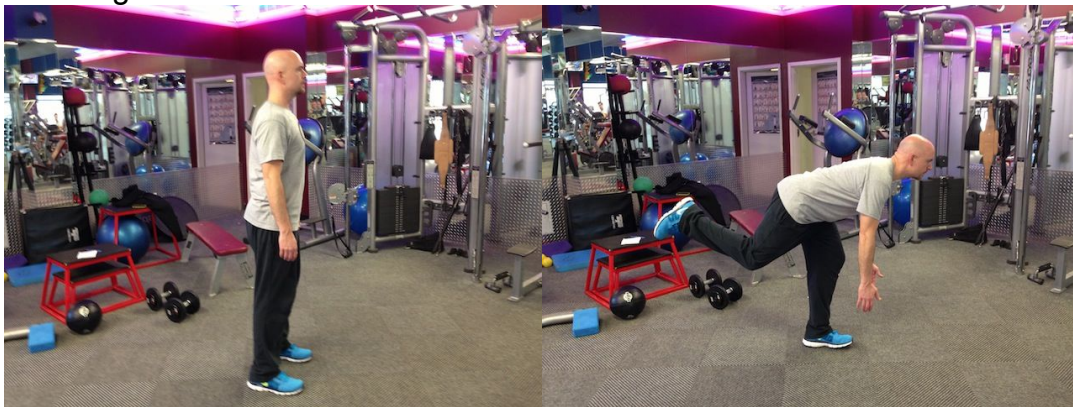
Spiderman Climb with a Reach (SCREACH)

- Brace your abs. Start in the top of the pushup position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up outside of your shoulder and touch your foot to the ground.
- As you reach the top of the motion, rotate your upper body to point your arm toward the ceiling.
- Keep your abs braced and slowly return to the start position.
- Alternate sides until you complete all of the required repetitions.



Bodyweight 1-Leg Romanian Deadlift (RDL)

- Keep your lower back arched and bend forward by pushing your hips back.
- Repeat all reps for one side then switch.
- Stand on one leg with a small bend in that knee. The other leg is bent back.
- Keep your knee slightly bent, back arched, and try to keep the other leg straight.



6-Week Detailed Workout Schedule

Pushup

- Keep the abs braced and body in a straight line from toes/knees to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.



6-Week Detailed Workout Schedule

Step Overs

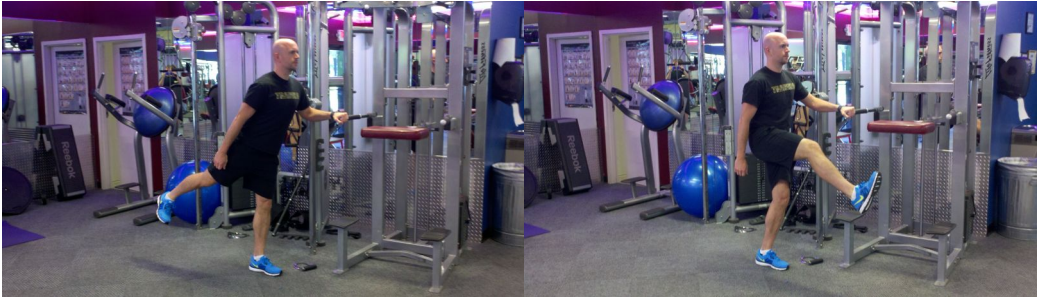
- Stand with your feet about hip width apart.
- Pick up one foot off the ground and bring the knee towards your chest.
- Rotate that knee out to the side as if you were stepping over something.
- Your feet will now be 18-24 inches apart.
- Take the other leg and lift it up and “step over” to the other side.
- Repeat back to the other side.



6-Week Detailed Workout Schedule

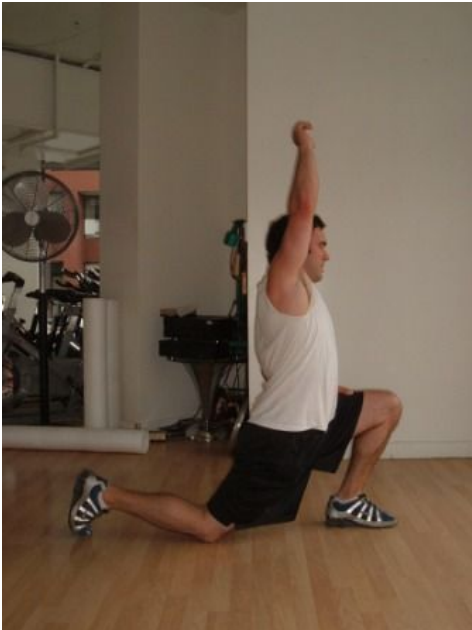
Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Psoas Stretch

- Kneel on your right knee and place your left foot 1-2 feet ahead of your right knee.
- You should be in a straight line (similar to the bottom position in a lunge).
- Slowly lean forward until you feel a moderate stretch in the hip flexor area (the front side of leg at the hip level). Hold the stretch for 30 seconds and then switch sides.



Chest Stretch

- Stand with your arm out-stretched and hand pressed against a wall or support.
- Rotate your hips and feet away from your arm, to increase the stretch felt across the chest muscle. Hold that position for 20 seconds and then repeat for the other side.



Lying Quad Stretch

- Lie on your right side.
- Bring your left ankle back to your butt and grasp it with your left hand.
- Keep the knee in line with the hip.
- The stretch will be in the front of your left leg (thigh).
- Hold for 30 seconds and then repeat for the other side.



Hamstring Stretch

- Now raise your right leg straight up in the air and try to bring it back until it is perpendicular to the floor. Keep the other leg flat and straight on the ground.
- Bring the leg up until a moderate stretch is felt. Support the leg in that position by holding it up with your hands or a towel looped around your foot.
- Lie on your back with both legs flat. Slightly bend your right knee.
- As you raise your leg, you will begin to feel a stretch in the hamstring.
- Hold the stretch for 30 seconds and then switch sides.



Glute Stretch

- Lie on your back with both legs flat. Slightly bend your right knee.
- Raise your left leg straight up in the air.
- Slowly lower the left leg straight across the body while trying to keep your lower back pressed into the floor.
- Support the leg by looping a towel around your foot.
- You should feel the stretch over your hip and in your glute on your left side.
- Hold for 30 seconds and then repeat for the other side.



6-Week Detailed Schedule

Week 1 Day 1

The 8/12 Addiction

Do the following for 10 minutes:

Sprint (8 secs), rest 12 secs

After the 10 minutes are up, rest 2 minutes. Then...

Do the following circuit ONE time, resting as shown:

Total Body Extensions (8 secs), rest 12 secs (Do this 6 times) Then...

Bodysaw (8 secs), rest 12 secs (Do this 6 times) Then...

Jumping Jacks (8 secs), rest 12 secs (Do this 6 times)

Completed? (Y or N) _____

Week 1 Day 2

Stay Active

Completed? (Y or N) _____

Week 1 Day 3

The Hillbilly Supersets

Find a hill that is 30 yards long

1A) Hill sprints (3) (walking back down is your recovery)

1B) Alternating Diagonal Lunge (15/side)

Rest 1 minute and repeat 2 more times

2A) Hill Sprints (3) (walking back down is your recovery)

2B) T Pushups (6/side)

Rest 1 minute and repeat 2 more times

Indoor option – Replace hill sprints with any sprint substitution exercise for 10 seconds followed by 15 seconds of rest

Completed? (Y or N) _____

Week 1 Day 4

Stay Active

Completed? (Y or N) _____

Week 1 Day 5

Sprint and Burpee Sandwich

Do the following circuit 3 times, resting as shown:

Sprint (15 secs), rest 1 minute

Double Burpee (5)

Burpee/X-Body Mountain Climber Combo (5)

Burpee/Spiderman Pushup Combo (5), rest 1 minute

Sprint (15 secs), rest 1 minute

Completed? (Y or N) _____

Week 1 Day 6

Stay Active

Completed? (Y or N) _____

Week 1 Day 7

Stay Active

Completed? (Y or N) _____

Week 2 Day 1

20-10 Revolution and Sprints

Do the following circuit as shown. So you'll start with the Goblet Jump Squat for 20 seconds, followed by rest 10 seconds and then do that 3 more time for a total of 4 rounds. Then you'll proceed to the next exercise, etc. etc....

Goblet Jump Squat (20 secs), rest 10 secs – 4X

T Pushups (20 secs), rest 10 secs – 4X

Strap Row, 2-Arm DB Row or Bodyweight Row (20 secs), rest 10 secs – 6X

KB or DB Swings (20 secs), rest 10 secs – 6X

Rest 1 minute and then...

Sprint (10 secs), rest 20 secs – 8X

Indoor option:

Replace Goblet Jump Squat with Bodyweight Jump Squats

Replace KB Swings with Total Body Extensions

Completed? (Y or N) _____

Week 2 Day 2

Stay Active

Completed? (Y or N) _____

Week 2 Day 3

Workout # 19 – Twice the Acceleration

Do the following circuit as shown:

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs), rest 1 minute, then...

Burpee/Spiderman Pushup Combo (10)
Walking Lunges (10/side – 20 total)
Jumping Jacks (30)
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs), then...

Burpee/Spiderman Pushup Combo (10)
Walking Lunges (10/side – 20 total)
Jumping Jacks (30)
Rest 1 minute, then ...

Sprint (10 secs), rest 1 minute
Sprint (20 secs), rest 1 minute
Sprint (30 secs)

Completed? (Y or N) _____

Week 2 Day 4

Stay active

Completed? (Y or N) _____

Week 2 Day 5

Hybrid Workout # 10 – Snatch, Sprint and Repeat

KB or DB Snatch (10/side)
Sprint (30 secs)
Rest 1 minute and repeat 5 more times

Note – you can replace the Snatch with Total Body Extensions or Jumping Jacks (20 reps)

Completed? (Y or N) _____

6-Week Detailed Workout Schedule

Week 2 Day 6

Stay active

Completed? (Y or N) _____

Week 2 Day 7

30 minutes of light activity (like walking)

Completed? (Y or N) _____

Week 3 Day 1

AB-solute Rush

Do the following circuit ONE time:

Sprint (30 secs), rest 1 minute
Plank to Triceps Extension (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
X-Body Mountain Climber (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
Pushup Plank (30 secs), rest 1 minute
Sprint (30 secs), rest 1 minute
Side Plank (30 secs/side), rest 1 minute
Sprint (30 secs), rest 1 minute
Bodysaw (30 secs), rest 1 minute
Sprint (30 secs)

Completed? (Y or N) _____

Week 3 Day 2

Stay active

Completed? (Y or N) _____

Week 3 Day 3

Density Sprints

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes
Once the 5 minutes are up, rest 1 minute then...

20-yard sprints (as many as possible in 5 minutes)
Once the 5 minutes are up, rest 1 minute then...

Shuttle Sprints (10-20 feet apart) – as many as possible in 5 minutes

Indoor option:

For shuttle sprints – use Skater Hops

For 20-yard sprints, do any sprint substitution exercise for 10 seconds. Do as many sets as possible.

Completed? (Y or N) _____

Week 3 Day 4

Stay active

Completed? (Y or N) _____

Week 3 Day 5

Sprint and Swing

Find a hill about 30 yards long

Do the following circuit ONE time, resting as shown:

Hill Sprints (5) – recovery is walking down the hill

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (4)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (3)

KB or DB Swings (30)

Rest 1 minute

Hill Sprints (2)

KB or DB Swings (30)

Rest 1 minute

Hill Sprint (1)

KB or DB Swings (30)

Indoor option – replace hill sprints with any sprinting exercise substitution for 10 seconds followed by 15 seconds of rest.

Completed? (Y or N) _____

Week 3 Day 6

Stay active

Completed? (Y or N) _____

Week 3 Day 7

30 minutes of light activity (like walking)

Completed? (Y or N) _____

Week 4 Day 1

Push, Sprint and Push

Do the following circuit 3 times:

Close-Grip Pushups (15)
Sprint (15 secs), rest 30 secs
Offset Pushups (8/side)
Sprint (15 secs), rest 30 secs
Pushups (15)
Sprint (15 secs), rest 30 secs

Completed? (Y or N) _____

Week 4 Day 2

Stay active

Completed? (Y or N) _____

Week 4 Day 3

Your Way on the 30's

Do the following in any manner you choose and rest when needed. For example, you can do 1 sprint followed by 10 bodyweight squats, then 10 swings, etc.

Sprints (30 yards) (12)
Renegade Row (30/side) or Single Arm Strap Row (30/side)
Lunge Jumps (30/side)
1-Arm KB or DB Swings (30/side)

Indoor option:

Replace 30-yard sprints with any sprinting exercise substitution for 10 seconds
Replace Renegade Rows with Bodyweight Renegade Rows
Replace 1-Arm KB Swings with Total Body Extensions (moderate pace - 60 total)

Completed? (Y or N) _____

Week 4 Day 4

Stay active

Completed? (Y or N) _____

Week 4 Day 5

Hilltop Difficulties

Find a hill about 30 yards long and do the following circuit ONE time resting as shown:

Sprint up the hill, rest 30 secs, then walk down the hill

Sprint up the hill, rest 30 secs

Bodyweight Squats (20), walk down the hill

Sprint up the hill, rest 1 minute

Bodyweight Squats (20)

Spiderman Climb (10/side), walk down the hill

Spring up the hill, rest 30 secs

Bodyweight Squats (20)

Spiderman Climb (10/side)

Skater Hops (10/side), walk down the hill

Sprint up the hill

Indoor option – for hill sprints, do any of the sprint substitution exercises for 10 seconds followed by 15 seconds of rest.

Completed? (Y or N) _____

Week 4 Day 6

Stay active

Completed? (Y or N) _____

Week 4 Day 7

Stay active

Completed? (Y or N) _____

Week 5 Day 1

Sprinting Gauntlet

Do the following circuit 4 times, resting as shown

Sprint (15 secs), rest 30 secs

1-Arm Extended Pushup (15 secs), rest 30 secs

Sprint (15 secs), rest 30 secs

X-Body Mountain Climbers (15 secs), rest 30 secs

Sprint (15 secs), rest 30 secs

Completed? (Y or N) _____

Week 5 Day 2

Stay active

Completed? (Y or N) _____

Week 5 Day 3

Heart-Pumping Trios

Find a hill 20-30 yards long

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes, then move into the next circuit.

- 1A) Hill Sprints (2)
- 1B) Explosive Pushup (2)
- 1C) Lunge Jumps (2/side)

Do the following circuit as many times as possible in 5 minutes, resting only when needed. Once the 5 minutes are up, rest 2 minutes and move into the last circuit.

- 2A) Total Body Extensions (10)
- 2B) Hill Sprints (2)
- 2C) Mountain Climbers (5/side)

Do the following circuit as many times as possible in 5 minutes, resting only when needed.

- 3A) Hill Sprints (2)
- 3B) Jumping Jacks (10)
- 3C) X-Body Mountain Climbers (5/side)

Indoor option – Replace hill sprints with any sprint substitution exercise for 10 seconds followed by 15 seconds of rest.

Completed? (Y or N) _____

Week 5 Day 4

Stay active

Completed? (Y or N) _____

Week 5 Day 5

Sprinting to Death

Find a hill that is about 30 yards.

Complete 12 hill sprints and rest as needed. Once you complete 12 sprints, rest 1 minute and proceed to:

Death Crawl or Bodyweight Death Crawl (5)

Rest 30 secs and repeat 3 more times

Indoor Option – replace the hill sprints with any sprint exercise substitution for 10 seconds (remember – go HARD!).

Completed? (Y or N) _____

Week 5 Day 6

Stay active

Completed? (Y or N) _____

Week 5 Day 7

Stay active

Completed? (Y or N) _____

Week 6 Day 1

40-Yard Metabolic Dash and Smash

Sprint (40 yards), rest 1 minute – Do this 8 times, then...

Do the following circuit ONE time

Triple Stop Pushup (12)
Alternating Lateral Lunge (12/side)
Spiderman Climb (12/side)
1-Leg Romanian Deadlift (12/side)
Rest 1 minute

Sprint (40 yards), rest 1 minute – Do this 4 times

Indoor option – Replace the sprint with any sprint substitution exercise for 15 seconds.

Completed? (Y or N) _____

Week 6 Day 2

Stay active

Completed? (Y or N) _____

Week 6 Day 3

Runnin' through the Javelin Gauntlet

Do the following circuit 3 times, resting as shown:

Javelin Reverse Lunge (10/side)
Jump Rope (30 secs) or Jumping Jacks (30 secs)
Sprint (30 secs)
Rest 1 minute
Javelin Forward Lunge (10/side)
Skater Hops (30 secs)
Sprint (30 secs)
Rest 1 minute

Indoor option:

Replace Javelin Reverse Lunge with TD Reverse Lunge
Replace Javelin Forward Lunge with TD Forward Lunge

Completed? (Y or N) _____

Week 6 Day 4

Stay active

Completed? (Y or N) _____

Week 6 Day 5

Extreme Conditioning 21

Do the following circuit ONE time, resting only when needed:

Shuttle Sprints (20 secs)
Broad Jump (aka Long Jump (10)
Sprint (20 secs)
Triple Pushup (30) (10 Decline Pushups, 10 Close-Grip Pushups, 10 Pushups)
Shuttle Sprints (20 secs)
Jumping Jacks (30)
Sprint (20 secs)
Alternating Prisoner Reverse Lunge (15/side)
Shuttle Sprint (20 secs)
Mountain Climbers (15/side)
Sprint (20 secs)
Bodyweight Squat (20)
Shuttle Sprint (20 secs)
T Pushups (8/side)
Sprint (20 secs)
X-Body Mountain Climbers (15/side)
Shuttle Sprint (20 secs)
Total Body Extensions (20)
Sprint (20 secs)
Bodyweight Triple Squat (20)
Shuttle Sprint (20 secs)

Indoor option – replace the shuttle sprint with Skater Hops

Completed? (Y or N) _____

Week 6 Day 6

Stay active

Completed? (Y or N) _____

Week 6 Day 7

Stay active

Completed? (Y or N) _____