The Seven-Day Sprint Readiness Plan

A conservative one-week framework for warming up, timing, recovering, and deciding whether another maximal session is earned.

Before you start

This plan is for healthy adults who already run regularly and tolerate fast strides. It is not rehabilitation and not a beginner fat-loss challenge. A recent hamstring, calf, Achilles, or knee injury; unexplained chest symptoms; or pain that changes mechanics requires individual assessment before maximal sprinting.

GREEN — train	Normal walking and stairs; no sharp pain; warm-up mechanics symmetrical; two progressive runs feel smooth.
AMBER — reduce	Unusual soreness, poor sleep, heavy legs, or more than a small performance drop. Use submaximal strides or easy aerobic work.
RED — stop	Sharp or escalating pain, sudden tightness, limping, dizziness, chest symptoms, or altered sprint form. End the session.

The session: quality before exhaustion

Warm-up: 5 minutes easy running; dynamic hip, ankle, and hamstring movements; then 3 progressive accelerations at roughly 60%, 75%, and 90%.

Main set: 2 sets × 6 repetitions of 20–30 m. Rest 20–30 seconds between repetitions and 3 minutes between sets. Use a consistent surface and start. Stop when technique changes or time slows by about 5% from the best repetition.

Finish: 5–10 minutes easy movement. Record the best repetition, average set time, surface, shoes, sleep, and any pain—not just whether the workout felt hard.

Seven-day schedule

One maximal exposure, one decision point, and enough low-intensity work to see whether speed can be repeated without accumulating sloppy fatigue.

DAY 1 · BASELINE	20–30 min easy running or brisk walking. Add 4 × 10-sec relaxed strides with full walking recovery. Record soreness and sleep.
DAY 2 · STRENGTH / MOBILITY	Moderate lower-body strength, not to failure. Include calf raises, a hinge, split squat, and trunk work. Finish feeling capable of one more set.
DAY 3 · RECOVERY	Easy movement only. If stairs or walking reveal pain, do not sprint tomorrow.
DAY 4 · REPEATED-SPRINT SESSION	Use the readiness screen, full warm-up, and 2 × 6 repetitions. Stop for pain, altered mechanics, or roughly 5% speed loss.
DAY 5 · EASY AEROBIC	20–40 min conversational effort. No hard intervals. Note calf, hamstring, Achilles, and knee response.
DAY 6 · OPTIONAL TECHNIQUE	If green: 4–6 × 10-sec strides at 80–90% with full recovery. If amber: easy walk or cycle. If red: rest and assess.
DAY 7 · REVIEW	Compare energy, soreness, and timing notes. Repeat the next week only if the sprint session stayed technically clean and recovery was normal.

Evidence notes

A 2024 meta-analysis found running-based repeated-sprint training improved sprint, repeated-sprint, change-of-direction, intermittent running, jump, and VO■max outcomes in trained athletes, but did not establish that simply adding volume produced larger gains. Acute evidence shows longer sprint distance and shorter rest raise lactate and speed loss. The practical target is repeatable speed, not maximal exhaustion.

Sources: Thurlow et al., Sports Medicine (2024), doi:10.1007/s40279-023-01959-1; Weakley et al., Sports Medicine (2023), PMID 37222864.
This guide is educational and does not replace medical care or individualized coaching.