



# THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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## POWER BUILDING BEGINNER HILL SPRINT WORKOUT PLAN

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!

Link to Workout: <https://www.muscleandstrength.com/workouts/beginner-hill-sprint-workout-plan>

**Main Goal:** General Fitness

**Training Level:** Beginner

**Program Duration:** 8 Weeks

**Days Per Week:** 2 Days

**Time Per Workout:** 15-30 Mins

**Equipment:** None

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### Week 1

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	60 Secs
20 Yards	2	60 Secs
<b>Workout 2</b>		
10 Yards	5	50 Secs
20 Yards	2	60 Secs

### Week 2

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	40 Secs
20 Yards	3	60 Secs
<b>Workout 2</b>		
10 Yards	5	30 Secs
20 Yards	4	60 Secs

### Week 3

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	25 Secs
20 Yards	4	55 Secs
30 Yards	1	-
<b>Workout 2</b>		
10 Yards	5	25 Secs
20 Yards	4	50 Secs
30 Yards	2	60 Secs
<b>Workout 3</b>		
10 Yards	5	25 Secs
20 Yards	4	45 Secs
30 Yards	3	60 Secs

### Week 4

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	20 Secs
20 Yards	4	40 Secs
30 Yards	3	55 Secs
40 Yards	1	-
<b>Workout 2</b>		
10 Yards	5	20 Secs
20 Yards	4	35 Secs
30 Yards	3	50 Secs
40 Yards	1	-
<b>Workout 3</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	45 Secs
40 Yards	1	-

### Week 5

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	60 Secs
50 Yards	1	-
<b>Workout 2</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	60 Secs
50 Yards	1	-
<b>Workout 3</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	60 Secs
50 Yards	1	-

### Week 6

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	55 Secs
50 Yards	1	-
<b>Workout 2</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	55 Secs
50 Yards	1	-
<b>Workout 3</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	55 Secs
50 Yards	1	-

### Week 7 & 8

Distance	Sprints	Rest
<b>Workout 1</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	50 Secs
50 Yards	Max*	60 - 90 Secs
<b>Workout 2</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	50 Secs
50 Yards	Max*	60 - 90 Secs
<b>Workout 3</b>		
10 Yards	5	20 Secs
20 Yards	4	30 Secs
30 Yards	3	40 Secs
40 Yards	2	50 Secs
50 Yards	Max*	60 - 90 Secs

\*Do as many sprints as your body feels like doing. Push yourself & have fun.