

XLATHLETE

10 Second Triphasic Strength 1080 Sprint Conditioning

Every rep will be performed for 10 seconds with maximum effort in this conditioning protocol. Select the number of reps being performed (between 8-12). Then select the rest time in between these reps (90s-50s). From there select the distance to sprint with the 1080 in the 10s. This is based on either their 40yd dash, 20yd dash, or pro agility times. These will be resisted sprints @25-30 kilos. If in the 10s the athlete goes past the distance, add load to the 1080 Sprint. If in the 10s the athlete is short of the distance, remove load from the 1080 Sprint. This is designed to be performed when an athlete needs to develop strength endurance.

Reps to Complete:

8	9	10	11	12
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Rest Time (Seconds):

90s	85s	80s	75s	70s	65s	60s	55s	50s
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Distance Selection from athletes Performances

Distance to Sprint W/ 1080 Sprint (based on 40yd dash):

Best 40 Yds Dash	More than 5.3 Secs	4.86-5.3 Secs	Less Than 4.85 Secs
Distance To Sprint	15-18 Yards	17-21 Yards	19-22 Yards

Distance to Sprint W/ 1080 Sprint (based on 20yd dash):

Best 20 Yds Dash	More than 3.1 Secs	2.81-3.1 Secs	Less Than 2.8 Secs
Distance To Sprint	15-18 Yards	17-21 Yards	19-22 Yards

Distance to Sprint W/ 1080 Sprint (based on Pro Agility / 5-10-5):

Best Pro Agility	More than 4.9 Secs	4.89- 4.55 Secs	Less Than 4.54 Secs
Distance To Sprint	15-18 Yards	17-21 Yards	19-22 Yards

Reps to Complete	Rest Time (Seconds)	Distance Covered