

**Client Name:** [client name]

**Workout #:** Phase 12: HRI Sprints

**Start Date:** [start date]

- Notes:**
- Foam rolling and mobility exercises are optional.
  - Begin with 3-5 minutes of low intensity movement (e.g. walking, jogging, cycling, bodyweight squats etc.)
  - Choose a cardiovascular exercise or machine of your choice (e.g. running, cross-trainer, rower, bike etc.) or large, full body exercise (e.g. squats, kettlebell swings, mountain climbers etc.)
  - Perform 10 seconds of your chosen active at a challenging intensity whilst still retaining good quality movement and technique.
  - Then rest completely for 60 seconds or move at a very light intensity.
  - Repeat for 10 rounds totaling 12 minutes.

Foam Rolling	Stretch	Mobility	Cool Down
<u>30 sec each area:</u> - Glutes - Upper Back - Quads	<u>30 sec each area:</u> - Hip Flexor Stretch	<u>Warm-Up Circuit (x2):</u> - Fetal Breathing (30s) - Dead Bug (30-45s) - Squat to Stand w/ Overhead Reach (x5) - Bowler Squat (x10)	<u>Optional:</u> - Repeat foam rolling

#	Exercise	Sets	Reps	Rest	Intro	WK46	WK47	WK48	WK49
					/	/	/	/	/
A1	Sprint at 90% for 10 seconds*	1	10	60 sec	L				
					R				
B1	Recovery, or Mobility Work (Opt)				W				
					R				
	Optional Finisher (Circuit / Intervals)								