PromoteHealth
Physiotherapy & Performance

A confident, informed return to movement and sport

PATIENT INFORMATION GUIDE • SPRINT TRAINING / SPEED • ADULTS

Sprint training: fast with control

Sprinting is a high-force, high-speed skill. Build exposure gradually, especially after time away or a muscle injury. Short, well-rested efforts train speed; repeated exhausted runs train a different quality.

YOUR SPEED TRAINING PLAN

01	PREPARE TO MOVE **Warm up in stages**	Begin with easy movement, dynamic mobility and running drills you know. Add progressive build-up runs before faster work. Use a clear track or suitable level surface.
02	START WITH ACCELERATION **Build speed smoothly**	Practise short, controlled accelerations from an easy start. Let posture rise naturally as speed builds. Avoid straining or reaching far forward with each step.
03	PROTECT THE QUALITY **Rest between efforts**	Take generous recovery so the next run can be technically sound. Fast short runs may need several minutes of rest. End the session if speed or coordination clearly drops.
04	PROGRESS EXPOSURE **Add speed gradually**	Start below maximum effort. Build the number, distance or speed of runs one step at a time. Add maximum-speed work with coaching and sufficient recovery, not as a sudden fitness test.

A STARTING EXAMPLE

For an adult already comfortable running: after warming up, try 4 controlled 10-20 m accelerations below maximum effort. Rest fully between them. This is a learning example, not a sprint prescription.

RECOVERY IS PART OF SPEED

Hard sprint sessions often need 48-72 hours or more before another hard sprint session. Consider matches, jumps and heavy leg training when planning your week.

TRAIN SMART / WHEN TO GET ADVICE

Respect a sudden pull: stop immediately for sharp hamstring or calf pain. A snap, large bruising, marked weakness or difficulty walking needs prompt assessment; do not stretch hard and try again.

Return after injury: build strength and running exposure before full-speed sprinting. Use a clinician and qualified coach for significant injuries; jogging comfortably does not prove full-speed readiness.

Stop for illness or symptoms: do not sprint with fever or significant illness. Chest pain, collapse or severe breathlessness needs emergency help: call 999. Adjust sessions for heat and fatigue.

INFORMED BY: NSCA: Speed sessions • World Athletics: 100 m • NHS: Sprains & strains • NSCA: Acceleration recovery

Disclaimer: For general information only; not a replacement for professional medical advice or an individual rehabilitation plan.

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