

Sprint/Run Workout  
CFL Seminar

Warm Up (15 min) –

800 m (self paced)  
10 min (800m) Fartlek “Indian” Run with football

Workout (25-30min) –

40 yd side shuffle, 50% sprint back  
40 yd side shuffle, 50% sprint back  
40 yd backpedal run, 50% sprint back  
40 yd carioca, 50% sprint back  
40 yd carioca, 50% sprint back  
40 yd goose steps (straight leg), 75% sprint back  
40 yd quick feet (ankling), 75% sprint back  
40 yd run mechanics skip, 75% sprint back  
40 yd lunges, 100% sprint back  
40 yd high knees, 75% sprint back  
40 yd but kicks, 75% sprint back  
40 yd lunges, 100% sprint back  
40 yd bounding, 75% sprint back  
40 yd skip for height, 75% sprint back  
40 yd 100% sprint (5-10 reps) with minimal rest  
80 yd strides with increased acceleration x2

300 yd shuttle

Cone drills (Time permitting)

Cool down (5 min) –

800 meters

Stretching (10 min) –

Emphasis on lower body

\*\*\*Workout should be performed outside on a flat grassy field but can be adapted to a gym.  
Allow for frequent water breaks.