

Stark fäktare - Löpprogram (Sprint) 2018/19*

Exempel på periodiserad sprinträning som behöver anpassas
utefter fäktarens säsongspanering

Vecka	Grundträningsfasen
36	100m-200m-300m-400m-500m-400m-300m-200m-100m (80-87% 4 min vila)
37	4 x 150m 6 min vila
38	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
39	100m-200m-300m-400m-500m-400m-300m-200m-100m (80-87% 4 min vila)
40	4 x 150m 6 min vila
41	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
42	100m-200m-300m-400m-500m-400m-300m-200m-100m (80-87% 4 min vila)
43	4 x 150m 6 min vila
44	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
45	100m-200m-300m-400m-500m-400m-300m-200m-100m (80-87% 4 min vila)
46	4 x 150m 6 min vila
47	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
	Specifika fasen
48	100m-200m-100m-200m-100m-200m-100m-200m-100m (80-89% 3 min vila)
49	4 x 120m 6 min vila
50	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
51	100m-200m-100m-200m-100m-200m-100m-200m-100m (80-89% 3 min vila)
52	4 x 120m 6 min vila
1	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
2	100m-200m-100m-200m-100m-200m-100m-200m-100m (80-89% 3 min vila)
3	4 x 120m 6 min vila
4	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
5	100m-200m-100m-200m-100m-200m-100m-200m-100m (80-89% 3 min vila)
6	4 x 120m 6 min vila
7	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
	Toppningsförberedande fasen
8	300m-600m-300m 15 min vila mellan varje
9	80m-100m-120m-100m-80m 6 min vila
10	3x3 in and outs (30m acceleration 20m in 20m out 20m in decelerate)
11	3x300m 15 min vila
12	80m-100m-120m-100m-80m 6 min vila
13	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila
14	300m-600m-300m 15 min vila mellan varje
15	80m-100m-120m-100m-80m 6 min vila
16	3x3 in and outs (30m acceleration 20m in 20m out 20m in decelerate)
17	3x300m 15 min vila
18	80m-100m-120m-100m-80m 6 min vila
19	3x3 flygande 30m (accelerera 30m full sprint 30m) 3min vila i set 6 min setvila

Toppningsfasen

- 20 150m-300m-150m 15 min vila
- 21 80m-100m-120m-100m-80m 6 min vila
- 22 3x3 in and outs (30m acceleration 20m in 20m out 20m in decelerate)
- 23 3x3 30m acceleration (3 min vila 6 min setvila)
- 24 150m-300m-150m 15 min vila
- 25 80m-100m-120m-100m-80m 6 min vila
- 26 3x3 in and outs (30m acceleration 20m in 20m out 20m in decelerate)
- 27 3x3 30m acceleration (3 min vila 6 min setvila)
- 28 150m-300m-150m 15 min vila
- 29 80m-100m-120m-100m-80m 6 min vila
- 30 3x3 in and outs (30m acceleration 20m in 20m out 20m in decelerate)
- 31 3x3 30m acceleration (3 min vila 6 min setvila)
- 32 150m-300m-150m 15 min vila
- 33 80m-100m-120m-100m-80m 6 min vila
- 34 Vila
- 35 Vila

**Alla pass börjar med uppvärmning 800m följt av löpskolning, häckgång, plyometrisk träning och avslutas med eccentrica hamstringsövningar (obs! plyo först efter minst 6 månaders regelbunden funktionell styrketräning eller efter fullföljt 15-veckors program "Stark Fäktare")*