

Short & Intermediate Sprint Training Calendar

Endurance Goal

Time: _____
 Distance: _____

Endurance Test

Time 1: _____
 Time 2: _____
 Time 3: _____
 Average: _____
 Distance: _____

	Session 1	Session 2	Session 3	Session 4	Session 5
Week One	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____
Week Two	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____
Week Three	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____
Week Four	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____	Time 1: _____ Time 2: _____ Time 3: _____ Time 4: _____ Time 5: _____ Average Time: _____