

Graded Sprints

Aims

- To deliver a multiability activity.
- Runners to work at high intensity, maintaining form.

Key Points

- 1 Sets of a specific distance –e.g. 6 x 60m.
- 2 Runners to sprint the distance and walk back to the starting point.

Resources:

Cones or natural landmarks

Mixed Ability Groups:

Split runners into groups based on their ability.

Safety Tips

- Check runners understand the instructions and are aware of how far they are required to sprint.
- Avoid road crossings where possible.
- Continual assessment of the risk and challenge to whole group.

