

## Triphasic Institute 1080 Sprint Loading Guidelines

Exercise	Strength	Power	Speed
Start Resisted	30-22 KILO	15-10 KILO	7-3 KILO
Start Assisted	x	5-3 KILO	12-8 KILO
Fly Resisted	x	12-10 KILO	6-4 KILO
Fly Assisted	x	x	8-5 KILO
10-10-10 Pro Agility Resisted	x	15-10 KILO	7-3
10-10-10 Pro Agility Assisted	x	5-3	12-8
Zig-Zag Resisted	x	5-8	3-5
Zig-Zag Assisted	x	3-5	5-8
Pimetime Fly Resisted	x	15-10	8-5
Primetime Fly Assisted	x	x	8-5
Pimetime Start Resisted	x	10-15	x
Primetime Start Assisted	x	12-8	5-3
Lateral Run No Cross Resisted	x	8-5	5-3
Lateral Run No Cross Assisted	x	x	8-5
Lateral Run Cross Resisted	x	8-5	5-3
Lateral Run Cross Assisted	x	x	8-5
Pimetime Mini Fly Resisted	x	10-15	10-5
Primetime Mini Fly Assisted	x	10-5	10-15
Pimetime Mini Start Resisted	x	5-8	3-5
Primetime Mini Start Assisted	x	10-5	10-15

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