



[www.sprintblock.com](http://www.sprintblock.com)


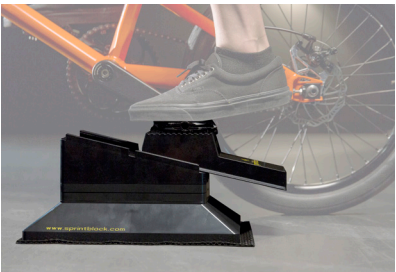
*“Specialising in the art of simplicity”*



# TRAINING SUGGESTIONS

**DESIGNED AND  
MANUFACTURED  
IN AUSTRALIA**

- STEP 1** Select box height based upon training goal or bottom bracket height
- STEP 2** Place traction mat on sprint surface to ensure maximum grip for box
- STEP 3** Put Sprintblock™ on top of traction mat – sprint session is ready to start

Training Goal	General Acceleration	Absolute Acceleration
Interval Length	8 metres	20 metres
Gear Option	Race gear or lower	Race gear or higher
Pedals	Platform or SPD	Platform or SPD
Volume	1x12	1x8
Rest Interval	3 minutes	6 minutes
Terrain	Flat	Flat
Body Position	Gate start specific	Shoulders over handle bars
Box Height	3-5 spacers	0-2 spacers
Starting Position	 <p>Slide Function On</p> <p>*Apply force using counter movement</p>	 <p>Slide Function Off</p> <p>*Apply force with no counter movement</p>