

## HOW TO PERFORM SHUTTLE SPRINTS

Shuttle sprints are a popular training technique for sports (now mainstream fitness) which involve short bursts of speed.

They help develop your acceleration, speed and your anaerobic fitness.

Not to mention the huge impact it will have on your metabolism and fat loss.



1. Set up markers such as cones about 10m apart.
2. **Sprint** from one marker to the other and back for the recommended time.