Khan, Compared the effects of Sand running, Weight training, Uphill running and Harness running on Sprinting Speed. 50 students of Bundelkhand University Jhansi were selected at random as subjects for the study. The average age of the subjects was 20 years ranging between 18 to 22 years. The subjects were randomly assigned to four experimental groups (A.B.C. and D) and Control group (E). Each consisting of 10 Subjects each. Group A trained with sand running, Group B trained with Weight training, Group C trained with Uphill running and Group D trained with Harness running. The subjects trained thrice on alternate Days. Time taken by the subjects for 80 meters was considered as the Criterion measure. Following were the conclusions drawn:

1. All the four methods are effective training means for improving Sprinting speed.

2. Improving of sprinting speed in the case of groups trained with Sand running, Weight training and Uphill running and Harness running was significantly higher than the Control group.

3. Training loads dominated by the Sand running, Weight training and Uphill running has been found to be equally effective in improving sprinting speed.