

Session A

Tempo run

All reps run at 70% with good technique and relaxation. Run a rep every 60s. Rest 3-4 mins between sets.

<u>Bigs:</u>	50yds
<u>Mids:</u>	90yds
<u>Skills:</u>	100yds
<u>Week 1</u>	2 sets of 8 reps
<u>Week 2</u>	2 sets of 10 reps
<u>Week 3</u>	2 sets of 12 reps
<u>Week 4</u>	3 sets of 8 reps

Run reps on football field. Start each rep on the goal line, run the prescribed yardage, then walk the remainder of the field to the opposite goal line, turn around and wait for the the start of the next rep. Repeat for the designated number of reps per set. Rest 3-4 mins between reps. Repeat for the designated number of sets.

Session B

Warm up

Speed technique- 2 sets, walkback recovery between reps

<u>Double leg toe pops</u>	x20yds
<u>Walking hip lock</u>	x10yds
<u>Captain Morgans</u>	x10yds per side
<u>Single booms</u>	x20yds
<u>Gallops</u>	x20yds per side
<u>Prime time</u>	x20yds
<u>Bouncy run</u>	x20yds
<u>Week 1</u>	Perform all reps with regular arm position
<u>Week 2</u>	Perform all reps with hands on hips
<u>Week 3</u>	Perform all reps with arms crossed touching shoulders
<u>Week 4</u>	Perform all reps with hands behind head

Sprints- all reps minimum 95% of max effort

<u>Bigs:</u>	20yds hill sprint
<u>Mids:</u>	25yds hill sprint
<u>Skills:</u>	30yds hill sprint
<u>Week 1</u>	Run a hill every 60s x 8
<u>Week 2</u>	Run a hill every 60s x 10
<u>Week 3</u>	Run a hill every 60s x 12
<u>Week 4</u>	Run a hill every 60s x 14

Session C

Tempo run

All reps run at 70% with good technique and relaxation. Run a rep every 60s. Rest 3-4 mins between sets.

<u>Bigs:</u>	50yds
<u>Mids:</u>	90yds
<u>Skills:</u>	100yds
<u>Week 1</u>	2 sets of 8 reps
<u>Week 2</u>	2 sets of 10 reps
<u>Week 3</u>	2 sets of 12 reps
<u>Week 4</u>	3 sets of 8 reps

Run reps on football field. Start each rep on the goal line, run the prescribed yardage, then walk the remainder of the field to the opposite goal line, turn around and wait for the the start of the next rep. Repeat for the designated number of reps per set. Rest 3-4 mins between reps. Repeat for the designated number of sets.