

Session A

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>	All reps hands out in front
<u>Week 2</u>	All reps hands over head
<u>Week 3</u>	All reps holding 5lb plate in front of chest
<u>Week 4</u>	All reps holding 5lb plate overhead

Sprints- all reps minimum 95% of max effort

<u>Bigs:</u>	Run a hill every 60s x 14
<u>Mids:</u>	
<u>Skills:</u>	
<u>Week 1</u>	Same distance as last week
<u>Week 2</u>	Add 5yds per rep to last week
<u>Week 3</u>	Add 5yds per rep to last week
<u>Week 4</u>	Add 5yds per rep to last week

Session B

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

Week 1 3 sets of 10 reps

Week 2 3 sets of 12 reps

Week 3 3 sets of 12 reps, reduce rest by 5s from last week

Week 4 3 sets of 12 reps, reduce rest by 5s from last week

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 C

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>	All reps hands out in front
<u>Week 2</u>	All reps hands over head
<u>Week 3</u>	All reps holding 5lb plate in front of chest
<u>Week 4</u>	All reps holding 5lb plate overhead

Sprints- all reps minimum 95% of max effort

<u>Bigs:</u>	Run a hill every 60s x 14
<u>Mids:</u>	
<u>Skills:</u>	
<u>Week 1</u>	Same distance as last week
<u>Week 2</u>	Add 5yds per rep to last week
<u>Week 3</u>	Add 5yds per rep to last week
<u>Week 4</u>	Add 5yds per rep to last week