

# Session A

## Warm up

### Speed technique- 2 sets, walkback recovery between reps

<u>Alternating toe pops</u>	x20yds
<u>Hip lock switch</u>	x10yds
<u>Captain Morgans</u>	x10yds per side
<u>Triple 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>	All reps holding 5lb plate overhead

### Sprints- all reps minimum 95% of max effort

<u>Week 1</u>	12x10yds
<u>Week 2</u>	10x20yds
<u>Week 3</u>	8x30yds
<u>Week 4</u>	6x40yds

**Bigs: perform half the distance on all reps**

**Use a variety of start positions: standing, 3 point, 2 point, lying, face up, lateral etc.**

**Race against a partner if you can**

**Rest 60s per 10yds sprinted**

# Session B

## Warm up

### Speed technique- 2 sets, walkback recovery between reps

<u>Alternating toe pops</u>	x20yds
<u>Hip lock switch</u>	x10yds
<u>Captain Morgans</u>	x10yds per side
<u>Triple 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>	All reps holding 5lb plate overhead

### Sprints- all reps minimum 95% of max effort

<u>Bigs:</u>	35yd hill sprint
<u>Mids:</u>	40yd hill sprint
<u>Skills:</u>	45yd hill sprint
<u>All weeks</u>	Run a hill every 60s x 14

# Session C

## Warm up

### Speed technique- 2 sets, walkback recovery between reps

<u>Alternating toe pops</u>	x20yds
<u>Hip lock switch</u>	x10yds
<u>Captain Morgans</u>	x10yds per side
<u>Triple 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>	All reps holding 5lb plate overhead

### Sprints- all reps minimum 95% of max effort

<u>Week 1</u>	12x10yds
<u>Week 2</u>	10x20yds
<u>Week 3</u>	8x30yds
<u>Week 4</u>	6x40yds

**Bigs: perform half the distance on all reps**

**Use a variety of start positions: standing, 3 point, 2 point, lying, face up, lateral etc.**

**Race against a partner if you can**

**Rest 60s per 10yds sprinted**