

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>	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>Week 1</u>	6 total reps, 210s rest between reps
<u>Week 2</u>	6 total reps, 150s rest between reps
<u>Week 3</u>	6 total reps, 90s rest between reps
<u>Week 4</u>	6 total reps 30s rest between reps
<u>Bigs: 20yds from standing start</u>	
<u>Mids: 20yds build up, 10yds flying sprint</u>	
<u>Skills: 30yds build up, 10yds flying sprint</u>	

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>	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>Week 1</u>	2x10yds, 2x20yds, 2x30yds, 2x40yds
<u>Week 2</u>	
<u>Week 3</u>	
<u>Week 4</u>	

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 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>	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>Week 1</u>	6 total reps, 210s rest between reps
<u>Week 2</u>	6 total reps, 150s rest between reps
<u>Week 3</u>	6 total reps, 90s rest between reps
<u>Week 4</u>	6 total reps 30s rest between reps
<u>Bigs: 20yds from standing start</u>	
<u>Mids: 20yds build up, 10yds flying sprint</u>	
<u>Skills: 30yds build up, 10yds flying sprint</u>	