

WEEKS 13 & 16 RUNNING WORKOUT

Session 1

WARM-UP	10 min run <u>moderate</u> pace, (1.5-2 miles), stretch
SPRINT / Speed	<ol style="list-style-type: none"> 1. 70m @80% jog recovery x 5 2. 45m @80% jog recovery x 5 3. 35m @100% walk recovery x 5
Leg fatigue	<ul style="list-style-type: none"> • 10 Double leg box / stairs jump (height of 2 stairs) up/ down as quick as you can ... then sprint out and jog back 25m , repeat this 3 times • 10 quick deep Lunges over a ball and switching feet each lunge with a small jump over the ball - then sprint out and jog back 25m x 3 sets also
Ball work	<p>'keep away' 1 minute of, 4 ball carriers, 2 defenders, 2 balls in a ¼ field ,(35x25box) - any pass forward or back counts. ball carriers cant run with it..pass and move to space</p> <p style="text-align: center;">1 minute recovery & Repeat 6 times</p>

Session 2

WARM-UP	<p style="text-align: center;">10 minutes jogging</p> <p style="text-align: center;">Then 10 minutes of a 4 man warm up (30s with 4 and/or 32 long with no dump ! just keep switching and stretching</p>
SPRINT	<ol style="list-style-type: none"> 1. 10 up 5 back (on profile) for the length of the field / jog recovery x 6 2. 50m top speed x 6...walk recovery

leg burners	<ol style="list-style-type: none">1. 10 lunges ea leg down the field ,then sprint to the try line, 1 min recover x 22. 10 big single hops (5 ea leg) then sprint to the try line , 1 min recover x 2
Aerobic hell	15 minute of walk/jog/run on the field - sprint 75,walk 25 jog the tryline - run in pairs - take turns trying to shake the trailer off with either speed or a swerve , no hard cutting just swerves at speed or accelerations...the leader decides when he wants to take off as they jog across the tryline

WEEKS 14 & 17

RUNNING WORKOUT

Session 1

WARM-UP	10 minute jog followed by 2sets x5min of ball passing with in a 25x25box with equal numbers ...two teams both passing & trying to run interference ...no tags or knock downs , just getting body in the passing channel. At the same time , keeping the ball moving...5 immediate push ups for drops
SPRINT	150 m @ 80% x 6 repeats...150 jog recovery Laying Flat 40 m sprint out /back x 6...30sec recovery
PLYOMETRICS	10 Burpees/ with a push up - sprint 25/ jog back (x3sets) 10 lateral jumps over a static ball - then sprint 25/ jog back (3 sets)
PATTERNS	Modified beep test (x4)

Session 2

WARM-UP	10 minutes jog and stretch Use 30s in here to
SPRINT	5x25m@80% jog recovery 5x50m@80% jog recovery Rest 2 minutes then 5x100m@80% jog recovery
Endurance	15 min of a big 'aerobic' triangle walk 25 / jog 25 / sprint 25 (if its too easy....jog a section backward)
PATTERNS	Expanded Diamond drill (x4)

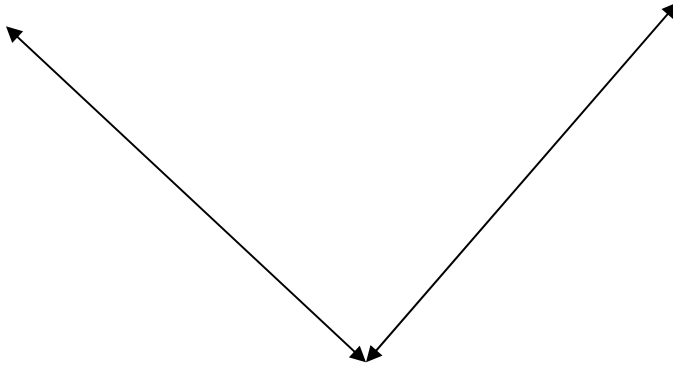
Modified beep test “ V”

Create a v shaped course with each arm of the V - 20m long.....run

Up and back ,

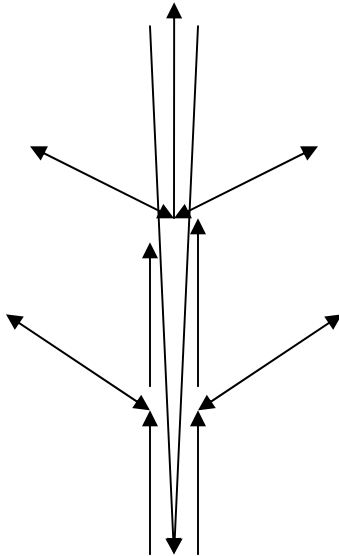
then switch onto the opposite arm of the V...

up and back....Each Up and back is 2 reps....do as many as you can in 60 sec



Expanded diamond -no ball....just touch every cone with your hand and run shut and profile for everything except the long 15m home

Up/back...up/angle out, back keep going till the 15m cone is your last sprint - go as many as you can for 60sec...



WEEKS 15 & 18

RUNNING WORKOUT

Session 1

WARM-UP	10 min run <u>moderate</u> pace, (1.5 miles), stretch 5 minutes of the passing interference game in a 25x25 box
SPRINT	150 m hard ...250m easy .. x 8 repeats (each one restarts on the 2 min mark)
PATTERNS	Expanded Diamond Drill (See attachment) (1 min on : 1 min off x 4reps)

Session 2

WARM-UP	10 min jog <u>easy</u> (1 mile) , lots of retro running , side skipping and ball passing
SPRINT	70m @ 100% x 6 repeats...walk/jog recovery (start again on the 2 min)
PATTERNS	Modified Beep 'V" (See attachment) 1;1 x 4 minutes