

WEEKS 1 & 4

RUNNING WORKOUT

Session 1

WARM-UP	2 min jog: butt kick, hip circles, lunges, side skip, dump, hen peck, sprint 80%, sprint 100%
SPRINT	200 m @ 80% x 6 repeats...200m walk recovery Flat start 40 m x 6...walk recovery
PLYOMETRICS	10 Burpees (x3) Side Shuttle Jumps (1 min sets x 2)
PATTERNS	Triangle Drill (x4)

Session 2

WARM-UP	2 min jog
SPRINT	300 m @ 80% x 4 repeats...100m walk recovery 20m shuttle x 20 reps (record total time)
PLYOMETRICS	10 Burpees (x3) Side Shuttle Jumps (1 min sets x 2)
PATTERNS	Triangle Drill (x4)

WEEKS 2 & 5

RUNNING WORKOUT

Run Session 1

WARM-UP	2 min jog 20 m shuttle x 10 (beep test practice) @ 50%
SPRINT	5m Hell: 20 fwd / 5 backpedal (x3) / turn and sprint 50 1 min rest (x4)...repeat twice...rest 3 x 150m- walk recovery
PLYOMETRICS	Split Strides (3 sets of 10) Clap Push-Ups (30 total)
PATTERNS	Box Drill (x4)

Run Session 2

WARM-UP	2 min jog
SPRINT	6 x 150- 250 jog recovery 2 x 400 – 200 jog recovery
PLYOMETRICS	Split Strides (3 sets of 10)
PATTERNS	Box Drill (x4)

WEEKS 3 & 6

RUNNING WORKOUT

Run Session 1

WARM-UP	2 min jog
SPRINT	50m shuttles- 3 pt start position- set of 6 on the 30 sec- repeat twice 5x40m from a 3 point start- full recovery
PLYOMETRICS	Side Shuttle- 60 sec/60 reps (3 sets) Tuck Jumps (3 sets of 5)
PATTERNS	Diamond Drill (x4)

Run Session 2

WARM-UP	2 min jog
SPRINT	30 min easy run 5x60 sec up a hill, jog down recovery
PLYOMETRICS	Side Shuttle- 60 sec/60 reps (3 sets) Tuck Jumps (3 sets of 5)
PATTERNS	Diamond Drill (x4)