



Track / Road Run Session 1



Start by:

10 minute low speed warm up & dynamic stretching

30 second Hard Run: 1 minute walk 1 minute Hard Run: 1 minute walk 90 second Hard Run: 1 minute walk (Repeat x 4)

3 minute rest

30 second Hard Run: 1 minute walk 1 minute Hard Run: 1 minute walk 90 second Hard Run: 1 minute walk (Repeat x 4)

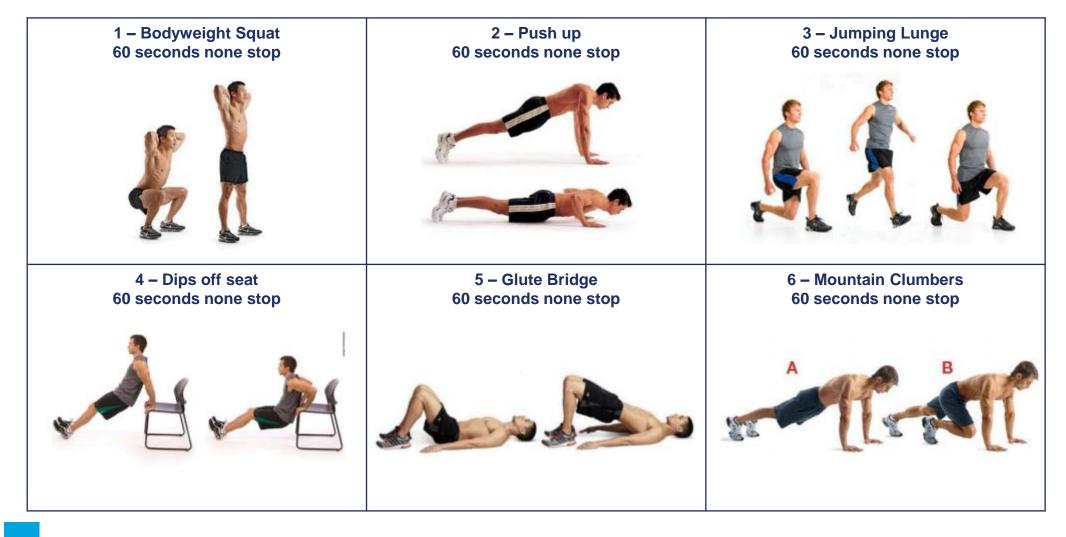
Followed by:

5 minute low intensity cool down jog and stretch





Metabolic Conditioning Session 1



Complete all 6 exercises one after the other with no rest. Then rest for 2 minutes. Repeat 4 times (32 minute session)





Track / Road Speed Session 1



Start by:

10 minute low speed warm up & dynamic stretching

50m Sprints – 90 second Rest x 3 10m Sprint – 45 second Rest x 3 100m Sprint – 2 minute Rest x 3

3 minute rest

50m Sprints – 90 second Rest x 3 10m Sprint – 45 second Rest x 3 100m Sprint – 2 minute Rest x 3

Followed by:

5 minute low intensity cool down jog and stretch





Match Replication Session 1

Start by:

10 minute low speed warm up & dynamic stretching

4 x 10m Sprints – 20m Walk

4 x 30m Sprints – 60m Walk

4 x 40m Sprints – 80m Walk

2km timed run

3 minute rest

Repeat above

X 4 for Referee

X 2 for Assistant Referee

Followed by:

5 minute low intensity cool down jog and stretch





Outdoor Recovery

Outdoor Cycle:

A 40-60 minute steady state low intensity cycle over varied inclines

For a shorter cycle – Choose a higher gear for 2 minutes before cycling at a low gear for 2 minutes for 6-8 repetitions

Alternatively for some additional stimulus with your recovery Cycle at high gear for 4 minutes before a low gear for 2 minutes. 6-8 repetitions.

Outdoor Walk:

A 40-60 minute fast to medium paced walk over varied inclines

