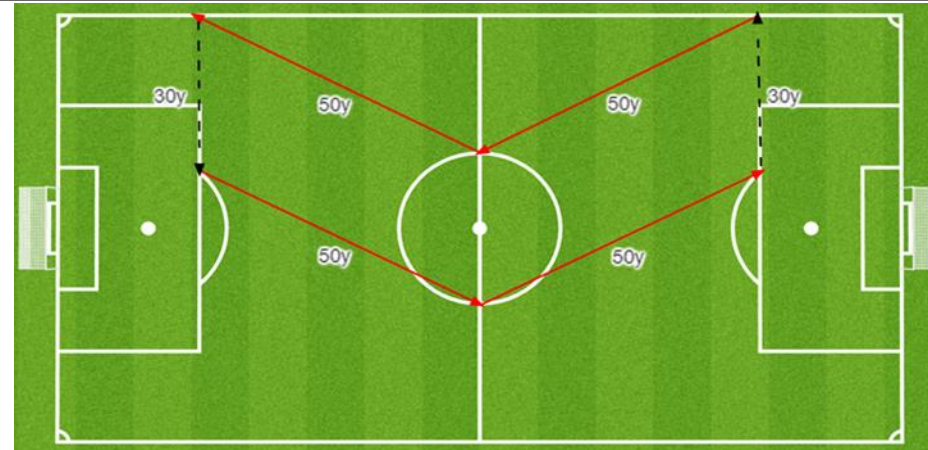


Pitch Based HI Session

Pitch Based HI 2



Description

Warm up 10 minutes Stretches, Dynamics and Pulse Raiser
Black Line = Jog Red Line = HI Run
HI Run corner of D to corner of D cutting around edge of centre circle
Jog From corner of D to the side of the Pitch
HI Run to in line with 18 y box cutting off corner of centre circle
Jog from edge of pitch to corner of the D to complete circuit. (=1Rep)

Sets x Reps & Rest

3 Sets x 8 reps 90 secs rest between sets

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Alternative Bad Weather HI Session

Alternative Bad Weather HI Session 2



Description

BIKE, X-TRAINER or ROWING MACHINE
Self Selected Resistance
Gradually increasing warm up, up to 85% HR Max

30 Seconds Max Effort: 30 seconds Rest

5 minute gradually decreasing cool down

Sets x Reps & Rest

3 x 8 Reps 90 seconds Rest between Sets

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)