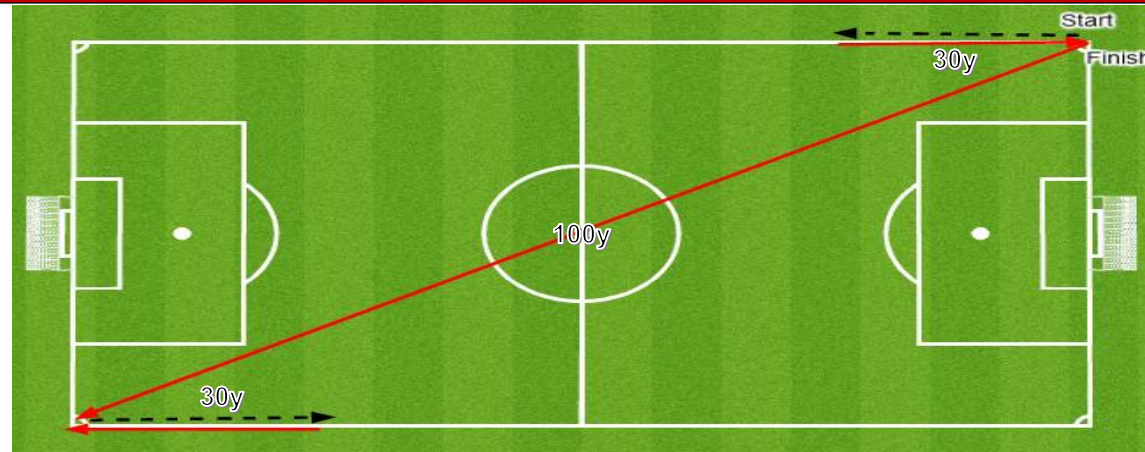


# Pitch Based HI Sessions

## Pitch Based HI 3



### Description

Red = HI run  
Black = Very light jog

Starting at the corner flag light jog to the half way point between goal line and the half way line. From here turn and HI run back to the corner flag. From there sharp cut and HI run diagonally across the pitch. From here light jog to the same half pitch half way point, turn and HI run back before HI running back across the pitch diagonally. This is 1 rep. Complete 3 reps with 30 secs rest between reps, followed by 3 reps with 60 secs rest between reps and finally 3 reps with 60 secs rest between reps

### Sets x Reps & Rest

3 reps with 30 secs rest between reps. 3 reps with 60 secs rest between reps. 3 reps with 90 secs rest between reps

### Heart Rate Response

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

# Alternative Bad Weather HI Session

## Alternative Bad Weather HI Session 3



### 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 x8**

**45 Seconds Max Effort: 30 seconds Rest x6**

**15 Seconds Max Effort: 15 seconds Rest x12**

5 minute gradually decreasing cool down

### Sets x Reps & Rest

1 Set to be completed continuously

### Heart Rate Response

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