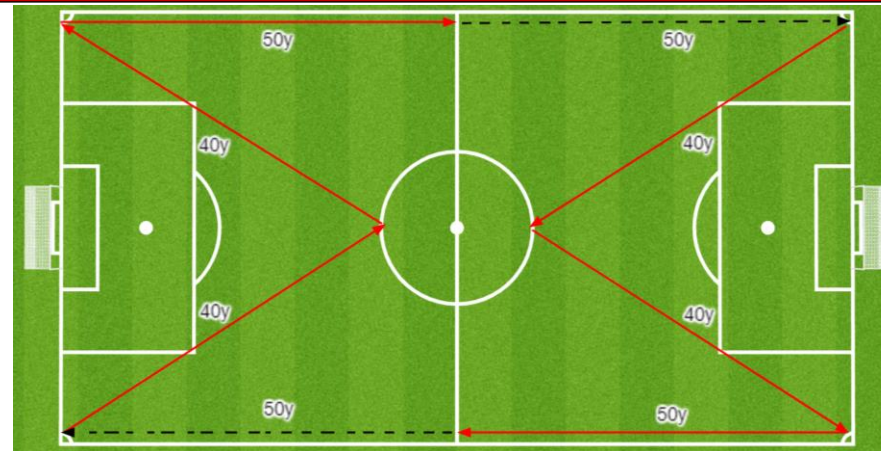


Pitch Based HI Sessions

Pitch Based HI 6



Description

Black Line = Jog Red Line = HI Run

HI Run from the corner of the pitch to Halfway line, then Jog Halfway line to opposite corner. Turn and HI Run to the Centre Circle then Cut and HI Run to opposite corner of pitch, Cut again and HI run to Halfway Line. Then jog halfway to opposite corner, cut and Hi Run to centre circle and then cut and HI running back to start point. = 1 Rep
After completing 1 Rep turn and complete in the opposite direction

Sets x Reps & Rest

4 sets x 6 reps (3 In each Direction) with 90 seconds rest between sets. 1 Rep should take 45 secs – 1 min

Heart Rate Response

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

Alternative Bad Weather HI Sessions

Alternative Bad Weather HI Session 6



Description

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

90s above 85% of max, 30 seconds Rest

5 minute gradually decreasing cool down

Sets x Reps & Rest

12 Reps to be completed continuously x 1 Set

Heart Rate Response

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