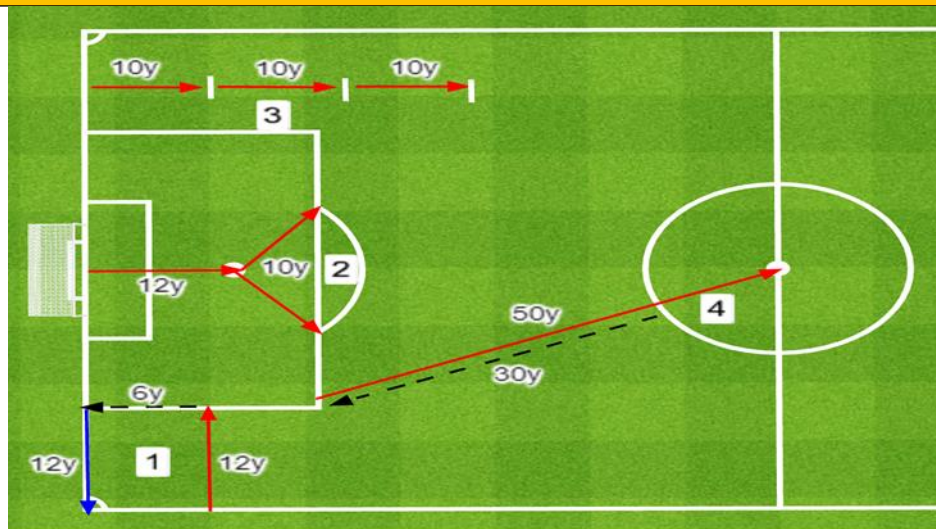


# Speed Session

## Speed Session 1



### Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser  
 Red Line = Max Sprint    Black Line = Jog    Blue Line = Back Pedal

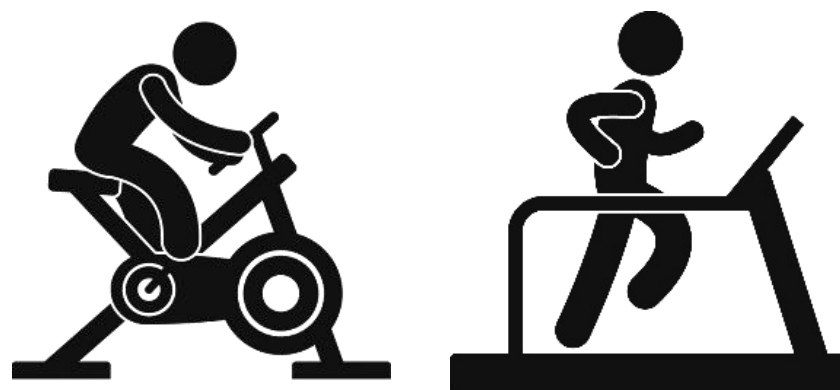
Drill 1 – Max Sprint 12yds, Turn and Jog 6yds, Turn and Back pedal 12yds. Drill 2 – Max Sprint 12yds, Sharp Cut and Sprint 10yds  
 Drill 3 – Accel & Deccel. Max sprint 10 yds brake hard and re-accelerate x 3  
 Drill 4 – Jog from centre circle 30 yds, Turn and Max sprint 50yd diagonal

### Sets x Reps & Rest

Drill 1 & Drill 2 – 4 reps (each direction), Drill 3 – 6 reps & Drill 4 – 6 reps  
 30 seconds Rest between Reps, 1 – 2 minute rest between Drills

# Speed Session

## Bad Weather Speed 1



### Description

*SPINNING BIKE or TREADMILL*

*Self Selected Resistance*

Gradually increasing warm up for 5 minutes

*Spinning Bike: 5 secs max effort: 55 secs low*

*Treadmill: 5 secs at Sprint speed: Jump off the treadmill for 55 secs*

5 minute gradually decreasing cool down

### Sets x Reps and Rest

3 x 6 Reps to be completed with 90 seconds rest between sets