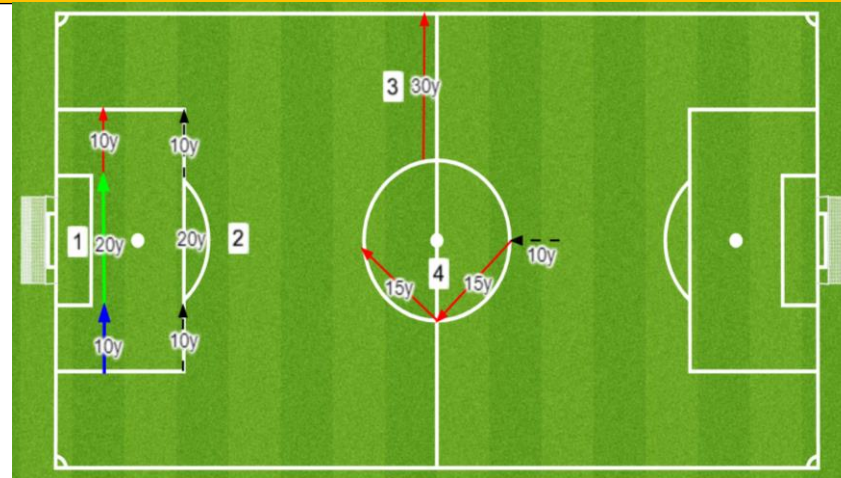


# Speed Sessions

## Speed Session 12



### Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser

Blue Line = Back Pedal    Red Line = Max Sprint    Black Line = Jog    Green Line = Sidestep

1) Back Pedal 10y, Side Step 20y and Sprint 10y  
(Vary Side-step direction)

2) Jog 10y, Max Sprint curved 20y and Jog 10y (Complete in both directions)

3) Max Sprint 30y

4) Jog 10y and then Max sprint 15y, sharp cut and max sprint another 15y  
(Complete in both directions)

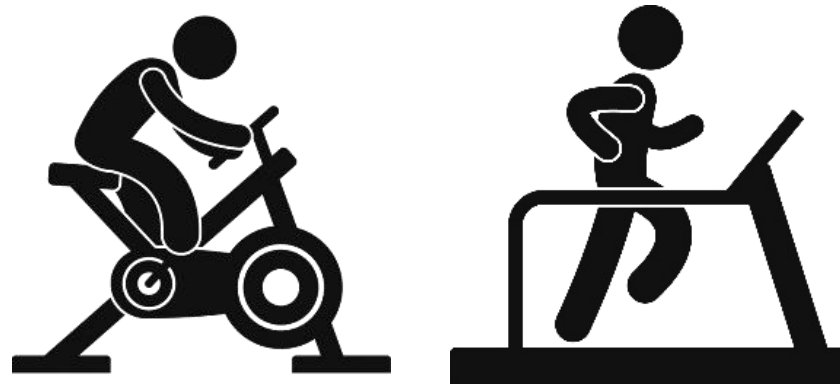
Cool Down 5 minutes- Light Jog and Stretches

### Sets x Reps & Rest

Drill 1 – 6 reps (3 side steps in each direction), Drill 2 – 6 reps (3 in each direction), Drill 3 – 6 reps & Drill 4 – 4 reps (2 in each direction)  
60s rest between reps and 2 minutes rest between sets.

# Speed Sessions

## Bad Weather Speed 12



### Description

*SPINNING BIKE or TREADMILL*

*Self Selected Resistance*

Gradually increasing warm up for 5 minutes

*Spinning Bike: 10 secs max effort: 60 secs low*

*Treadmill: 10 secs at Sprint speed: Jump off the treadmill for 60 secs*

5 minute gradually decreasing cool down

### Sets x Reps and Rest

2 x 8 Reps to be completed with 90 seconds rest between sets