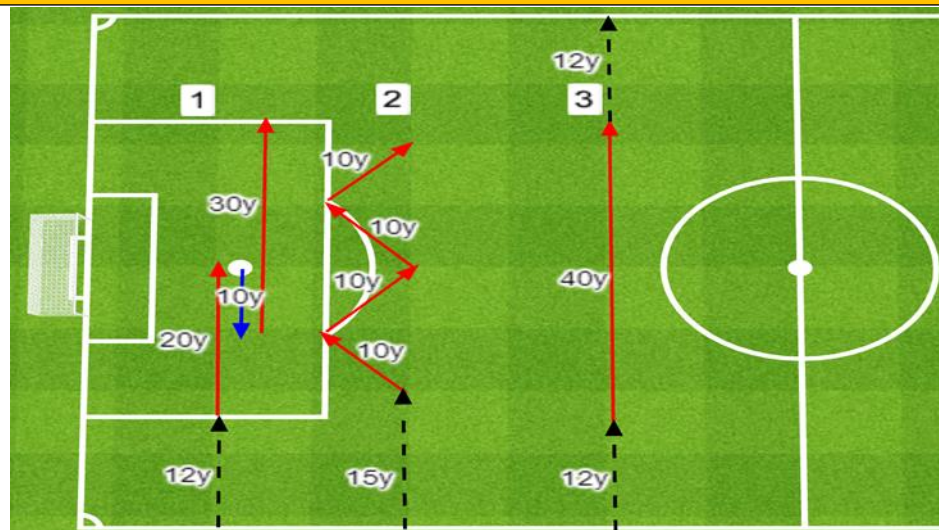


Speed Session

Speed Session 2



Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser

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

Drill 1- Jog for 18yds, max Sprint for 20yds, back pedal for 10 yds and then Max Sprint for 30 yds. Have at least 30 seconds rest between reps.

Drill 2- Cruise for 15 yds and then max sprint with a cut every 10 yds for 40 yds. Make sure you Sprint at your max and have an even number of left and right cuts. Have at least 30 seconds between reps

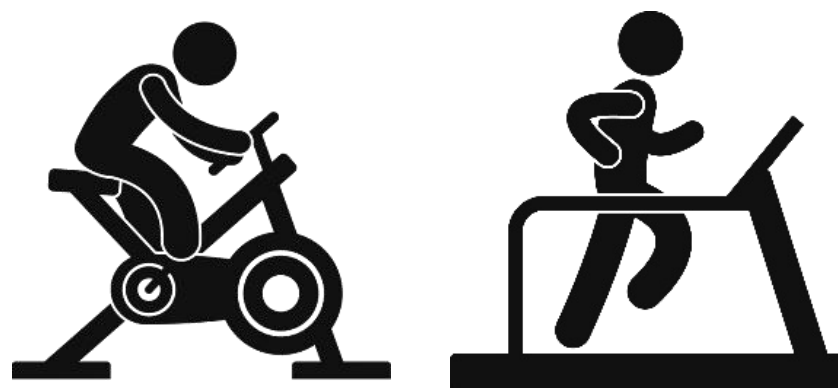
Drill 3- Jog for 12 yds, Max sprint for 40 yds and then jog for 12 yds.

Sets x Reps & Rest

Drill 1 – 8 Reps, Drill 2 – 8 Reps & Drill 3 – 6 Reps
30 seconds Rest between Reps, 1 – 2 minute rest between Drills

Speed Session

Bad Weather Speed 2



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