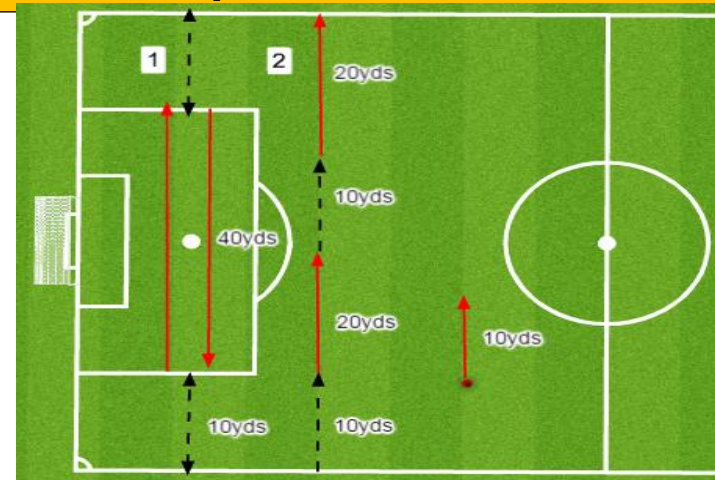


Speed Session

Speed Session 6



Description

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

Drill 1 - Jog 10yds then sprint across the width of the box or 40 yards then jog 10yds out to by-line and back and Sprint 40 yards back

Drill 2 - Jog 10, Sprint 20, Jog 10, Sprint 20.

Drill 3 - Vary Start positions from the following: Facing away, Side on, 1 Knee and Falling Start. Maximally Accelerate for 10yds

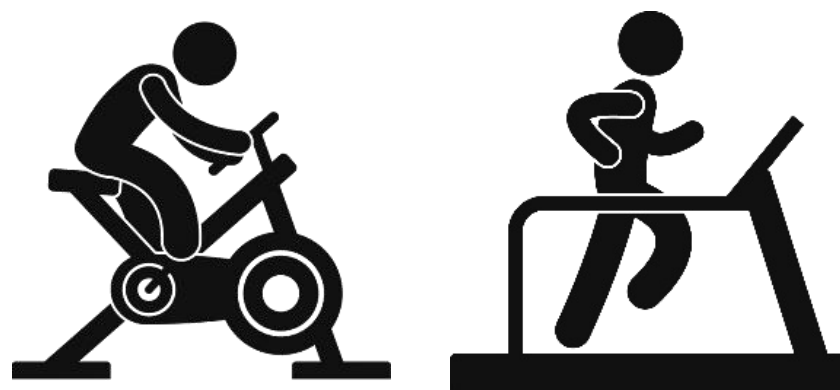
Cool Down 5 minutes- Light Jog and Stretches

Sets x Reps & Rest

Drill 1 – 6 reps, Drill 2 – 8 reps & Drill 3 – 12 reps (3 x Each Start Position)
45 seconds Rest between Reps, 1 – 2 minute rest between Drills

Speed Session

Bad Weather Speed 6



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