



## Track / Road Run Session 4





10 minute low speed warm up & dynamic stretching

1km timed run: Rest for the same time as it takes to run (Repeat x 2)

3 minute rest

1km timed run: Rest for the same time as it takes to run (Repeat x 2)

3 minute rest

1km timed run: Rest for the same time as it takes to run (Repeat x 2)

3 minute rest

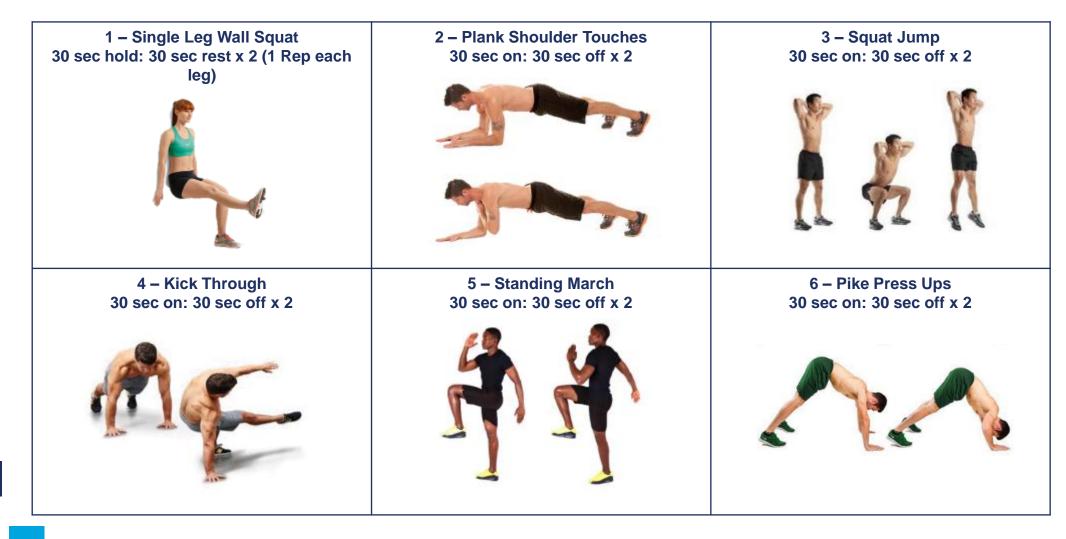
### Followed by:

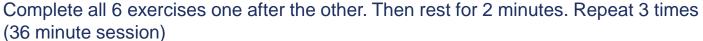
5 minute low intensity cool down jog and stretch





# **Metabolic Conditioning Session 2**









Start by:

10 minute low speed

warm up & dynamic

stretching

# Track / Road Speed Session 2





60m Springs – 90 seconds rest x 2

40m Sprints – 60 seconds rest x 2

20m Sprints – 30 seconds rest x 2

#### 3 minute rest

80m Sprints – 2 minutes rest x 2

60m Springs – 90 seconds rest x 2

40m Sprints – 60 seconds rest x 2

20m Sprints – 30 seconds rest x 2

#### 3 minute rest

80m Sprints – 2 minutes rest x 2

60m Springs – 90 seconds rest x 2

40m Sprints – 60 seconds rest x 2

20m Sprints – 30 seconds rest x 2

3 minute rest

### Followed by:

5 minute low intensity cool down jog and stretch





## **Match Replication Session 2**

Start by:

10 minute low speed warm up & dynamic stretching

6 x 40m Sprints – 80m Walk 6 x 60m Sprints – 100m Walk

1km timed run

1km timed run

3 minute rest

Repeat above

X 4 for Referee

X 2 for Assistant Referee

Followed by:

5 minute low intensity cool down jog and stretch





## **Outdoor Recovery**

### Outdoor Cycle:

A 40-60 minute steady state low intensity cycle over varied inclines

For a shorter cycle – Choose a higher gear for 2 minutes before cycling at a low gear for 2 minutes for 6-8 repetitions

Alternatively for some additional stimulus with your recovery Cycle at high gear for 4 minutes before a low gear for 2 minutes. 6-8 repetitions.

#### **Outdoor Walk:**

A 40-60 minute fast to medium paced walk over varied inclines

