

Fitness sessions

2 field/equivalent jog
Couple of mins stretch anything particularly sore
Dynamic stretching
High knees walking
Heel to butt jogging
Lunge with twist walking
Side angle stretch

#1 Endurance

Shuttle – run in a group as a line, last person sprints to front, 3 mins rest 30 sec repeat.
Pyramid – 1 lap (30m or greater), 15 sec rest, 2 laps, rest, 3 laps, rest, 4 laps, rest, 3,2,1
Interval – Jog 30 secs, sprint 10 secs for 4 mins, break, then repeat

#2 Speed

Jump squats – squat to thighs at horizontal then jump
In pairs lay on ground facing partner, number called get up sprint 10 m
3m sprints 5 reps, 3 sets
Jump lunges
Flag race – over 20m (5,10,15,20)

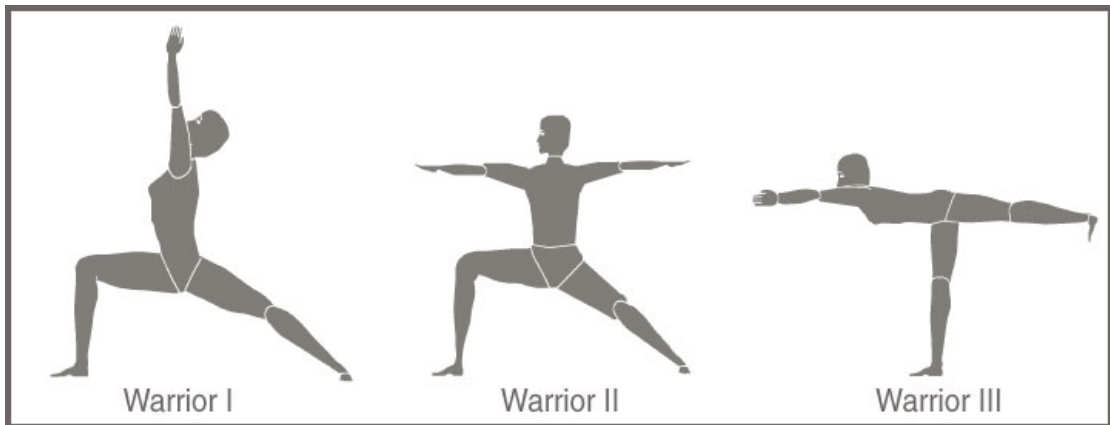
#3 Agility

Shadow running – 2 mins swap, repeat
Slalom diagonals – cones: feet meet at each cone
Square – face same direction run all edges (ie forward, side step, back, side step)
Spray ball – as above going back to centre cone
Footy style run – box closing in running diagonally across.

#4 Flexibility/Mobility

Build up run (ie jog, run, sprint, jog) at end of each run do one set of below.
Knee to chest roll
Warrior 1
Bridge
Horizontal balance – Warrior 3
Plank
Wide leg stretch
Dog
Hip rock – On knees with ankles together knees apart rock back to heels
Cat/camel

Cat/camel



Dog

