

COMMUNITY/ CLUB RUNNING AND CONTACT PREP SAMPLE PROGRAMME



SAMPLE WEEKLY PROGRAMME

	MON	TUE	WED	THUR	FRI
WEEK 1	Run 20mins (record distance)		Warm up jog 8mins Run 30s: jog 60s Repeat x8		
WEEK 2	Run 20mins (aim to beat last weeks distance)		Warm up jog 8mins Run 30s: jog 45s Repeat x8		
WEEK 3	Run 4 mins: jog 3 mins Repeat x 4		Warm up jog 10mins Run 30s: jog 30s Repeat x8		
WEEK 4	Run 4 mins: jog 3 mins Repeat x 4		Warm up jog 10mins Run 40s: jog 20s Repeat x10		
WEEK 5	Sprint session 1	Session 1 Contact 20sec on: 10sec off	Warm up - 1km time trial (record time) Run 30s: jog 15s Repeat x8	Session 2 Contact 30sec on: 10sec off	
WEEK 6	Sprint session 2	Session 3 Contact 20sec on: 10sec off	Warm up - 1km time trial (record time) Run 30s: jog 15s, then Run 20s: Jog 10s Repeat x4	Session 4 Contact 30sec on: 10sec off	
WEEK 7	Sprint session 3	Session 5 Contact 20sec on: 10sec off	Malcolm drill x 6	Session 6 Contact 30sec on: 10sec off	Optional: Steady state run 20-30mins
WEEK 8	Sprint session 4	Session 7 Contact 20sec on: 10sec off	Malcolm drill x 6	Session 8 Contact 30sec on: 10sec off	Optional: Steady state run 20-30mins