

RUNNING SESSIONS: DETAILS



WEEK 1

Session

1



ACC & SPEED

INDIVIDUAL WARM-UP

- o Forward Hop x 12
- o Backward Hop x 12
- o Lateral SL Hop x 12

***VARY START FOR ALL SPRINTS: WALKING, SKIPPING, ROLLING, LATERAL SHUFFLE, FACE-DOWN, FACE-UP**

Tight 5	Back Row	Backs
6 x 5m Accelerations (30s in between)	4 x 10m Accelerations (60s in between)	3 x 20m Accelerations (90s in between)
6 x 15m Sprints (90s in between)	4 x 20m Sprints (5m rolling start; 120s in between)	3 x 40m Sprints (20m build up + 20m max velocity; 150s+ in between)

Session

2



**SHORT
INTERVALS**

INDIVIDUAL WARM-UP

MOVEMENT PREP (20M)

- o A-skip March
- o A-Skip at Tempo
- o Ankling Drill
- o Zig Zag Runs

MAIN SESSION (20 MINS IN TOTAL):

Tight 5	Back Row	Backs
[15s on: 5s off x 6] - 2 mins total. 3 sets, 1 minute between sets. Aim to cover 20m out and back in 15s.	[30s on: 15s off x 8] - 6 mins total. 2 sets. Aim to cover 50m out and back in 30s.	[30s on: 15s off x 8] - 6 mins total. 2 sets, 2 mins between sets. Aim to cover 60m out and back in 30s.
1 minute rest	2 minutes rest	2 minutes rest
[15s on: 15s off x 8] - 4 mins in total. 2 sets, 2 mins between sets.	[4s Sprint (20m):1s off x 4] 20s in total. 4 sets, 40s between sets - 4 mins in total.	[10s on:20s off x 8] - 4 mins total. 1 set. Aim to cover 60m+ in 10s

Session

3



**VOLUME
ACCUMULATION**

INDIVIDUAL WARM-UP

- o 5km Time Trial

RUNNING SESSIONS: DETAILS



WEEK 2

Session

1



ACC & SPEED

INDIVIDUAL WARM-UP

- Forward Hop x 12
- Backward Hop x 12
- Lateral SL Hop x 12

***VARY START FOR ALL SPRINTS: WALKING, SKIPPING, ROLLING, LATERAL SHUFFLE, FACE-DOWN, FACE-UP**

Tight 5	Back Row	Backs
6 x 5m Accelerations (30s in between)	4 x 10m Accelerations (60s in between)	3 x 20m Accelerations (90s in between)
6 x 15m Sprints (90s in between)	4 x 20m Sprints (5m rolling start; 120s in between)	3 x 40m Sprints (20m build up + 20m max velocity; 150s+ in between)

Session

2



**SHORT
INTERVALS**

INDIVIDUAL WARM-UP

MOVEMENT PREP (20M)

- A-skip March
- A-Skip at Tempo
- Ankling Drill
- Zig Zag Runs

MAIN SESSION (20 MINS IN TOTAL):

- 3 x 6 x 50m on 30s (cover 50m in 8-12 seconds;
120s between sets)
- 3 mins rest
- 6 x 100m on 60s (cover 100m in <20s)
- 3 mins rest
- 2 x 3 x 200m on 90s (cover 200m in 40s;
2 mins between sets)

Session

3



**VOLUME
ACCUMULATION**

INDIVIDUAL WARM-UP

MAX 12-MINUTE RUN - TRACK DISTANCE IF POSSIBLE

- T5 Target (3.5m/s) = 2.5km
- Back Row Target (4m/s) = 2.8km
- Backs Target (4.5m/s) = 3.2km

RUNNING SESSIONS: DETAILS



WEEK 3

Session

1



ACC & SPEED

INDIVIDUAL WARM-UP

- Forward Hop x 12
- Backward Hop x 12
- Lateral SL Hop x 12

***VARY START FOR ALL SPRINTS: WALKING, SKIPPING, ROLLING, LATERAL SHUFFLE, FACE-DOWN, FACE-UP**

Tight 5	Back Row	Backs
6 x 5m Accelerations (30s in between)	4 x 10m Accelerations (60s in between)	3 x 20m accelerations (90s in between)
6 x 15m Sprints (90s in between)	4 x 20m Sprints (5m rolling start; 120s in between)	3 x 40m sprints (20m build up + 20m max velocity; 150s+ in between)

Session

2



**SHORT
INTERVALS**

INDIVIDUAL WARM-UP

MOVEMENT PREP (20M)

- A-skip March
- A-Skip at Tempo
- Ankling Drill
- Zig Zag Runs

MAIN SESSION (20 MINS IN TOTAL):

Tight 5	Back Row	Backs
10 x 100m on 1 minute	10 x 120m on 1 minute	10 x 140m on 1 minute
4 minutes rest	3 minutes rest	3 minutes rest
20s on: 20s off x 12 (8 mins in total)	20s on: 20s off x 12 (8 mins in total)	20s on: 20s off x 12 (8 mins in total)

Session

3



**VOLUME
ACCUMULATION**

INDIVIDUAL WARM-UP

- 3km Time Trial

RUNNING SESSIONS: DETAILS



WEEK 4

Session

1



ACC & SPEED

INDIVIDUAL WARM-UP

- o Forward Hop x 12
- o Backward Hop x 12
- o Lateral SL Hop x 12

***VARY START FOR ALL SPRINTS: WALKING, SKIPPING, ROLLING, LATERAL SHUFFLE, FACE-DOWN, FACE-UP**

Tight 5	Back Row	Backs
6 x 5m Accelerations (30s in between)	4 x 10m Accelerations (60s in between)	3 x 20m Accelerations (90s in between)
6 x 15m Sprints (90s in between)	4 x 20m Sprints (5m rolling start; 120s in between)	3 x 40m Sprints (20m build up + 20m max velocity; 150s+ in between)

Session

2



**SHORT
INTERVALS**

INDIVIDUAL WARM-UP

MOVEMENT PREP (20M)

- o A-skip March
- o A-Skip at Tempo
- o Ankling Drill
- o Zig Zag Runs

MAIN SESSION (20 MINS IN TOTAL):

Tight 5	Back Row	Backs
[15s on: 5s off x 6] - 2 mins total. 3 sets, 1 minute between sets. Aim to cover 20m out and back in 15s.	[30s on: 15s off x 8] - 6 mins total. 2 sets. Aim to cover 50m out and back in 30s.	[30s on: 15s off x 8] - 6 mins total. 2 sets, 2 mins between sets. Aim to cover 60m out and back in 30s.
1 minute rest	2 minutes rest	2 minutes rest
[15s on: 15s off x 8] - 4 mins in total. 2 sets, 2 mins between sets.	[4s Sprint (20m):1s off x 4] 20s in total. 4 sets, 40s between sets - 4 mins in total.	[10s on:20s off x 8] - 4 mins total. 1 set. Aim to cover 60m+ in 10s

Session

3



**VOLUME
ACCUMULATION**

INDIVIDUAL WARM-UP

- o 5km Time Trial