

General Session 1

Mixed session incorporating speed work, skills and speed endurance modules.

Warm-up (8-10 minutes)

Dynamic stretching and general warm-up

Speed phase (6-10 minutes)

Max effort, maximum recovery

Level 1	Max sprint from goal-line to 22 – 10 reps start every 60 seconds
Level 2	Max sprint from goal-line to 22 – 12 reps start every 45 seconds
Level 3	Max sprint from goal-line to 22 – 12 reps start every 30 seconds
Level 4	Max sprint from goal-line to 22 – 14 reps start every 30 seconds
Level 5	Max sprint from goal-line to 22 – 16 reps start every 30 seconds

Rest 2 minutes

Skill phase (8-12 minutes)

T runs – start on half-way in 5, run to 15m line on half way, side left shuffle to 10m line, shuffle right to other 10m line, shuffle left back to mid-point and backwards to start. Always facing the same direction. (60m run in total)

Level 1	6 reps start every 90 seconds
Level 2	8 reps start every 90 seconds
Level 3	8 reps start every 60 seconds
Level 4	10 reps start every 60 seconds
Level 5	10 reps start every 45 seconds

Rest 2 minutes

Speed endurance phase (6-12 minutes)

Pyramids – Start on goal-line, run to 22 and back to goal-line, run to half-way and back to goal-line, run to far 22 and back to goal-line and then run to far goal-line and back. (500m per rep)

Level 1	2 reps start every 3 minutes
Level 2	3 reps start every 3 minutes
Level 3	4 reps start every 3 minutes
Level 4	4 reps start every 2.5 minutes
Level 5	5 reps start every 2.5 minutes