

General Session 3

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

Warm-up (8-10 minutes)

Dynamic stretching and general warm-up

Speed phase (8-12 minutes)

Short sprint reps – set 1 = 10m sprint, set 2 = 20m sprint and set 3 = 30m sprint. Rest for 2 minutes between each set. Do all 10m together, then move onto 20 and 30 metres.

Level 1	6 reps at each distance, walk back recovery
Level 2	8 reps at each distance, walk back recovery
Level 3	10 reps at each distance, walk back recovery
Level 4	12 reps at each distance, walk back recovery
Level 5	14 reps at each distance, walk back recovery

Rest 2 minutes

Skill phase (8-12 minutes)

M sprints – start on 10m line, in 5m from the touch-line and sprint to 15m, move diagonally back to 5m line on half-way, diagonally forward to 15m on other 10m and backwards to 5m on same 10m and reverse (stay facing the same direction)

Level 1	8 reps start every 90 seconds
Level 2	8 reps start every 60 seconds
Level 3	10 reps start every 60 seconds
Level 4	10 reps start every 45 seconds
Level 5	12 reps start every 45 seconds

Rest 2 minutes

Speed endurance phase (8-12 minutes)

22m returns – Start at goal-line, run to 22 and back is 1 rep. (44m per rep)

Level 1	Start every 30 seconds for 8 minutes
Level 2	Start every 30 seconds for 10 minutes
Level 3	Start every 20 seconds for 8 minutes
Level 4	Start every 20 seconds for 10 minutes
Level 5	Start every 20 seconds for 12 minutes