

Speed Session 1

Warm-up (8-10 minutes)

Dynamic stretching and general warm-up

Speed phase 1 (6-10 minutes)

Speed functionality – no levels for this exercise, move through each exercise. Start on goal-line and go to 22m, jog back recovery.

March – focus on high knees and keeping toes pointed straight, no down

Stamp – as above but focus on stamping foot back down to the ground

Sprint – straight sprint remembering two exercise to date

Leaning start – as you start, lean forward until you are about to lose you balance and sprint through to 22m

Sprint - straight sprint through to 22m

Rest 4 minutes

Speed phase 2 (8-12 minutes)

Pyramid sprint – Start with 10m sprint, then 15m sprint, 20m sprint, finally 30m sprint. Walk back recovery after each rep. 4 sprints is one set. (Set = 75m)

Level 1	4 sets with 1 minute rest between sets
Level 2	5 sets with 1 minute rest between sets
Level 3	6 sets with 45 second rest between sets
Level 4	7 sets with 45 second rest between sets
Level 5	8 sets with 45 second rest between sets

Rest 4 minutes

Speed phase 3 (8-12 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