

“Hundreds and Thousands”

(On Legs Conditioning)

WARM UP

5-10 min Dynamic Warm up (Speed and Mobility drills)

2 x 80% Accel over 30m

2 x 90% Accel over 30m

2 x 100% Accel over 30m

MAIN SET

5 x 100m on the 40sec

1 min rest

5 x 100m on the 50sec

1 min rest

5 x 200m on the 80sec

1 min rest

5x 200m on the 90sec

WARM DOWN

100m cool down jog.

Flexibility – Hip Complex, Hamstrings, Lower back, Calves