

## **“Trial Run”**

**(On Legs Conditioning) RPE = 7.5**

### **WARM UP**

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

2 x 90% Accel over 30m

2 x 100% Accel over 30m

### **MAIN SET**

4 x 100m @ 75% on the 1 minute

1 min rest

10 x 30m @ 100% on the 40 sec

3 min rest

10 x 30m @ 100% on the 40 sec

2 min rest

4 x 100m @ 75% on the 1 minute

### **WARM DOWN**

100m cool down jog.

Flexibility – Hip Complex, Hamstrings, Lower back, Calves