



SPEED WORK

A) SPRINTS:

3 x 30m @ 100% slow jog back recovery.

1---2 minute rest.

3 x 60m @ 100% slow jog back recovery.

2---3 minute rest.

3 x 90m @ 100% slow jog back recovery.

2---3 minute rest.

3 x 90m @ 100% slow jog back recovery.

2---3 minute rest.

3 x 60m @ 100% slow jog back recovery.

2---3 minute rest.

3 x 30m @ 100% slow jog back recovery.

B) SHUFFLE SPRINTS: Jog backwards for 10m, then change direction as quickly as you can and sprint forwards for 30m. 3x(1x8). Walk back recovery between efforts. 4 min rest between sets.

C) CHANGE OF PACE: Run at approx 70% for 30m, when you get there accelerate as rapidly as you can to reach top speed. Hold for another 30m. Walk back. 3x(1x3). 4 min rest between sets. Must be an obvious change of speed. This is a key element in football. Cruise, then accelerate and sprint.