



CARDIO HIT OUTS

Complete a Dynamic Functional Warm up before any session.

Session 1

Cross fields

Using a football field or similar start in one corner and run at 85% effort to the opposing corner (ensure good running mechanics). Then jog the width of the field. On the corner perform a bodyweight strength exercise from the list below. Then perform another diagonal Crossfield run and again Jog the width of the field to return to your starting position Perform the same bodyweight exercise as chosen for first effort. This equals 1 repetition.

Bodyweight Exercises:

- Push Ups
- Bodyweight Squat
- Squat jumps
- Burpees
- Sit ups
- Prone Jacks
- Mountain Climbers
- Spiderman Climbers

Complete 3 reps then have 3-5 minutes rest. Repeat 2 to 3 times.

Session 2

Speed makers

Using a football field or similar perform a 60m acceleration (not sprint but strong run) down the length of the field, then 40m jog down to the end of the field. Walk the width of 50m to Complete. This is 1 repetition.

Complete 6 reps before resting for 5 minutes. Then complete another 6 reps.

Session 3

Repeat Sprint Efforts

4 x (20, 30, 40, 50, 60, 60, 50, 40, 30, 20) rest in seconds the metres run

Session 4

Build Ups

3 x 5 x Build ups (20m run, 20m Accel, 30m sprint) with jog back recovery. 5 mins rest between sets

Session 5

Hard Runs

Weeks 1 – 2

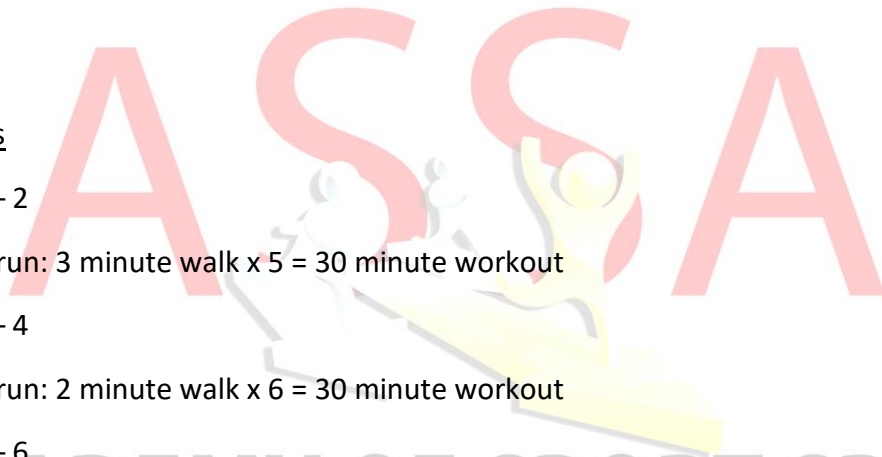
3 minute run: 3 minute walk x 5 = 30 minute workout

Weeks 3 – 4

3 minute run: 2 minute walk x 6 = 30 minute workout

Weeks 5 – 6

3 minute run: 1 minute walk x 7 = 28 minute workout



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