



30 min Speed Session

Warm Up: 10 mins

Posture walk 4 on each side

6 x full squats to 6 Adductor squats

30m Skip forward

Lateral walks to overs and unders and Step overs

Progressive stride cycles

30m run through

5 x Ins and Outs

Walking leg swings

8 ES A skips

3 x 20m acceleration

Pure Speed Blend: 15 mins

3 x 10m from Base position 45 sec rest

2 x 30m 1:30 mins rest

2 x 6 rocket jumps 30 sec rest

2 x 40 2:30 mins rest

1 x 60 Cool Down

5 min Stretch