

Week 9 Conditioning:

Running - Fartlek

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,
 Jog @ 70% for 3 mins
 50m stride through @ 85%
 Jog @ 70% for 2 mins
 100m Sprint @ 95-100%
 Repeat 4 times

Speed and Agility

Warm Up incl Dynamic Stretches	3mins	Sample Video Here
Walk easy for 5m then 10m acceleration	10m x 2	Rest for 1 min in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (chest on the ground)	10m x 2	Pop off ground fast and sprint (rest 1min in between sprints)
10m Hill sprint	10m x 2	Rest 1min in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest 1min in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest 1min between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)

Speed Tech – “A” March Drills



Body Weight Exercises:

X10 reps

