

Week 13 Conditioning:

Running - Fartlek

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,

Jog @ 70% for 4 mins

50m stride through @ 85%

Jog @ 70% for 3 mins

100m Sprint @ 95-100%

Repeat 5 times

Speed and Agility

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

Body Weight Exercises: X10 reps

