

Warm-up

Activity **Duration**

Light jogging **5 min**

Cone drills **5 min**

- High knees
- Butt kicks
- Arm swings
- Lunges
- Squats
- Multi-directional lunges
- Skips for height
- Single leg bounds for length
- Cross overs

***** FLUID STOP *****

Dynamic stretches **4 min**

- Lower back roll (knees bent)
- Lower back roll (legs straight)
- Scorpions
- Angry cat
- Dirty dog
- Wood choppers
- Alternate calf bounce
- Partnered leg swings (hamstring)
- Partnered leg swings (groins)
- Hamstring balance

Free work **1 min**

Sprint work **3 min**

- Jog in, 10 m @ 75% cruise, jog out
- Jog in 10 m @ 85% cruise, jog out
- Jog in 10 m @ max sprint pace, jog out (x 2)

***** FLUID STOP *****