

FF Jan Run 1: Basic Drilling / Acceleration / Fast Running Repeats

Session Focus: Speed Development & Basic Running Capacity
Session Time: 45 -50 min

Warm Up		
Drill	Volume	Notes
General Movement	10min	Skips, jog, rotations, stretches

Run Drills		
Drill	Volume	Notes
5m A Run into 10m Rhythm Run	5 x 5m/10m	Hands on hips

Accelerations		
Drill	Volume	Notes
20m Accelerations	6 x 20m	Walk Back Recovery

8sec Eurofit Intervals		
Drill	Volume	Notes
Set 1 – 3min	9 x set distance in 8sec every 20sec	Use normal target
	Rest/stretch 90sec	
Set 2 – 3min	9 x set distance in 8sec every 20sec	Challenge 1 higher
	Rest/stretch 90sec	
Set 3 – 3min	9 x set distance in 8sec every 20sec	Normal
	Rest/stretch 90sec	
Set 4 – 3min	9 x set distance in 8sec every 20sec	Normal or 1 below
Add a set in wk 2 & 3 then go back to 4 sets week 4 and start again		

Intervals 8':12'	
Level 0	33m
Level 1	36m
Level 2	39m
Level 3	42m
Level 4	45m
Level 5	48m

"Try to do some reps with hands on hips - the more you can do like this the better"

Intervals		
Drill	Volume	Notes
300m (tryline to tryline x3)	4x300m	2min recovery

Hip Conditioning		
Drill	Volume	Notes
A Running	5 x 22m	Hands on hips. 3 steps per metre. Walk back recovery

FF Jan Run 2: Basic Drilling / Acceleration / Longer Running Repeats

All speed the same as session 1 above but longer fitness.

15sec Eurofit Intervals		
Drill	Volume	Notes
Set 1 – 3min	6 x set distance in 15sec on 30sec	Use your normal target
	Rest/stretch 90sec	
Set 2 – 3min	6 x set distance in 15sec on 30sec	Challenge 1 level higher
	Rest/stretch 90sec	
Set 3 – 3min	6 x set distance in 15sec on 30sec	Normal
	Rest/stretch 90sec	
Set 4 – 3min	6 x set distance in 15sec on 30sec	Normal or 1 below normal
Add a 5th set every 3rd week		

Intervals 15':15'

Levels	Belt	Metres
Level 0		65
Level 1		72
Level 2		78
Level 3		83
Level 4		87
Level 5		90

Time Trial		
Drill	Volume	Notes
Bronco (20m/40m/60m x 5)	X1	Timetrial

Hip Conditioning		
Drill	Volume	Notes
A Running	5 x 22m	Hands on hips. 3 steps per metre. Walk back recovery