

Run Sessions

**Aim is to complete 2 sessions per week along with Club rugby training.
Total of 6weeks**

Session 1: **30mins**
Repeated Speed flat
5 minute run warm up steady pace
20 x 40 secs with 20 secs rest must run between 175 – 200m each repetition
5 minute run steady pace
STRETCH

Session 2: **40mins**
M.A.S
5 minute run warm up steady pace
15 x 15s with 15s rest. (Aim is 75 – 100m every repeat)
Rest 4mins
Repeat x2
5 minute run steady pace
STRETCH

Session 3: **40mins**
Repeated Speed flat
5 minute run warm up steady pace
10 x 400m sprint the bends and jog the straights, continuous
5 minute run steady pace
STRETCH

Session 4: **35mins**
Repeated Speed flat
5 minute run warm up steady pace
12 x 100/200 Drill 100m in 20 seconds with 40 seconds rest then 200m in 40 seconds with
20 seconds rest
5 minute run steady pace

Session 5: **40mins**
Repeated Speed flat
5 minute run warm up steady pace
30 x 100 in < 17 seconds going every 45 seconds
5 minute run steady pace
STRETCH

Session 6: **40mins**
M.A.S
5 minute run warm up steady pace
10 x 15s with 15s rest (Aim is 75 – 100m every repeat)
8 x 15s backwards run with 15s rest (Aim is 75 – 100m every repeat)
Rest 4mins
Repeat x2

5 minute run steady pace
STRETCH

Session 7:

35mins

Fartlek/Cross Country

5 minute run warm up steady pace
18 Holes of Fartlek Golf Course running, $\frac{3}{4}$ pace the Par 5's, fast pace the Par 4's and sprint the Par 3's, walk from green to next tee
5 minute run steady pace
STRETCH

Session 8:

40mins

Repeated Speed flat

5 minute warm up run at steady pace
75m in 15 seconds rest 45 seconds (out 50m back 25m)
150m in 30 seconds rest 30 seconds (50m and back then 25m and back)
225m in 45 seconds rest 15 seconds (50m and back, 50m and back, 25m)
Times 2 then rest 2 minutes repeat for 4 sets
STRETCH

Session 10:

40mins

Repeated Speed flat

5 minute warm up run at steady pace
75m in 15 seconds rest 45 seconds (out 50m back 25m)
150m in 30 seconds rest 30 seconds (50m and back then 25m and back)
225m in 45 seconds rest 15 seconds (50m and back, 50m and back, 25m)
Repeat 2 time then rest 1:30 minutes = 1 set
Repeat for 5 sets
STRETCH

Session 11:

40mins

Repeated Speed flat

10 minute run warm up steady pace
30 x 40 secs with 20 secs rest must run between 175 – 200m each repetition
5 minute run steady pace
STRETCH

Session 12:

40mins

M.A.S

5 minute run warm up steady pace
15 x 15s with 15s rest (Aim is 75 – 100m every repeat)
10 x 15s backwards run with 15s rest (Aim is 75 – 100m every repeat)
Rest 4mins
Repeat x2
5 minute run steady pace
STRETCH

