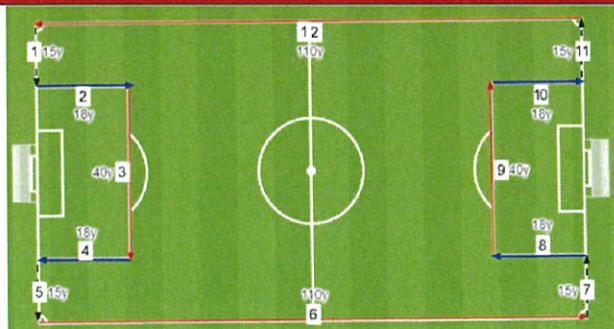


Pitch Based HI Sessions

Pitch Based HI 1



Description

5 mins increasing intensity warm up

Red Line – HI Run Black Line – Jog Blue Line – Side Step

Line 1 - Jog 15y, Line 2 - Side Step 18y, Line 3 - HI Run 40y, Line 4 - Side Step 18y, Line 5 - jog 15y, Line 6 - HI Run 110y, Line 7 - Jog 15y, Line 8 - Side Step 18y, Line 9 – HI run 40y, Line 10 – Side Step 18y, Line 11 – Jog 15y and Line 12 – HI run 110y = 1 Rep

Rest for 30 seconds and Repeat

Complete 8 Reps for Each Set (Complete 2 Sets)

5 mins decreasing intensity warm down

Sets x Reps & Rest

2 Sets of 8 Reps, 2 mins rest between sets.

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Alternative Bad Weather HI Session 1



Description

BIKE, X-TRAINER or ROWING MACHINE

Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

1 min at above 85% : 15 seconds low x8

2 mins rest

Repeat x 2

5 minute gradually decreasing cool down

Sets x Reps and Rest

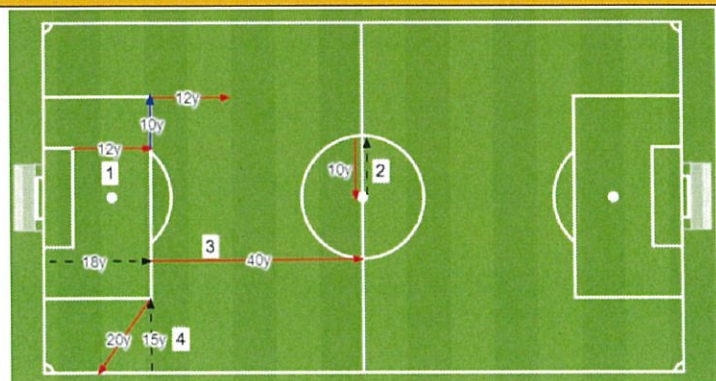
2 sets of 8 reps with 2 mins rest between sets

Heart Rate Output Aims

15 mins >85% MAX HR (Top 2 HR Zones)

Speed Sessions

Speed Session 1



Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser

Red Line – Max Sprint Black Line – Jog Blue Line – Side Step

Drill 1) Max Sprint, 12y, Sidestep 10y and then Max Sprint 12y x 6 reps (3 in each direction)

Drill 2) Jog 10y and then 180 degree turn and Max sprint 10y x 6 reps

Drill 3) Jog 18y and then Max sprint 40y x 6 reps

Drill 4) Jog 15y and then cut & Max Sprint 20y x 6 reps (3 in each direction)

Cool Down 5 minutes

Sets x Reps & Rest

Drill 1 = x 6 reps (3 in each direction). Drill 2 = x 6 reps.

Drill 3 = x 6 reps Drill 4 = x6 reps (3 in each direction)

Minimum of 30 seconds rest between reps and 2 mins rest between drills

Bad Weather Speed 1



Description

BIKE or TREADMILL

Self Selected Resistance

Gradually increasing warm up for 5 minutes

Bike: 10 secs max effort: 55 secs low

Treadmill: 10 secs at Sprint speed: Jump off the treadmill for 55 secs

5 minute gradually decreasing cool down

Sets x Reps and Rest

2 x 8 Reps to be completed with 90 seconds rest between sets

Gym Based HI Sessions

Gym Based HI Session 1



Description

BIKE, X-TRAINER or ROWING MACHINE
Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

4 mins at above 85% : 1 min low

5 minute gradually decreasing cool down

Sets x Reps and Rest

2 Sets x 4 Reps with 90 secs rest between sets

Heart Rate Output Aims

15 mins >85% MAX HR (Top 2 HR Zones)

Gym Based HI Session 2



Description

BIKE, X-TRAINER or ROWING MACHINE
Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

30 seconds Max effort : 15 seconds rest x 6

20 seconds Max Effort: 10 seconds rest x 8

15 seconds Max effort : 5 seconds rest x 12 (repeat x 2)

5 minute gradually decreasing cool down

Sets x Reps & Rest

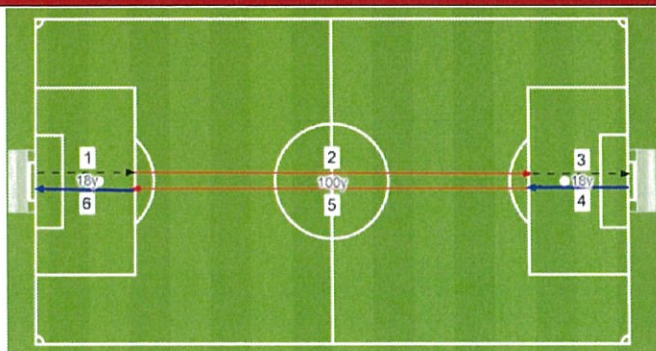
2 Sets of the above, 2 mins rest between sets

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Pitch Based HI Sessions

Pitch Based HI 2



Description

5 mins increasing intensity warm up

Red Line – HI Run Black Line – Jog Blue Line – Side Step

Line 1 - Jog 18y (Goal line to edge of 18 y box), Line 2 - HI Run 18 to 18 100y, Line 3 - Jog 18y (18 y box to goal line), Line 4 - Side Step 18y (Goal Line to edge of 18 y box), Line 5 - HI Run 18 to 18 100y and Line 6 - Side Step Edge 18 y (Edge of 18 to goal line). This = 1 rep. Complete 6 reps with no rest between reps. After 6 reps take 2 minutes rest (complete 3 sets)

5 mins decreasing intensity warm down

Sets x Reps & Rest

3 Sets x 6 Reps & 2 mins rest between sets.

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Alternative Bad Weather HI Session 2



Description

BIKE, X-TRAINER or ROWING MACHINE
Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

1km as fast as possible, 30 seconds rest and repeat

5 minute gradually decreasing cool down

Sets x Reps and Rest

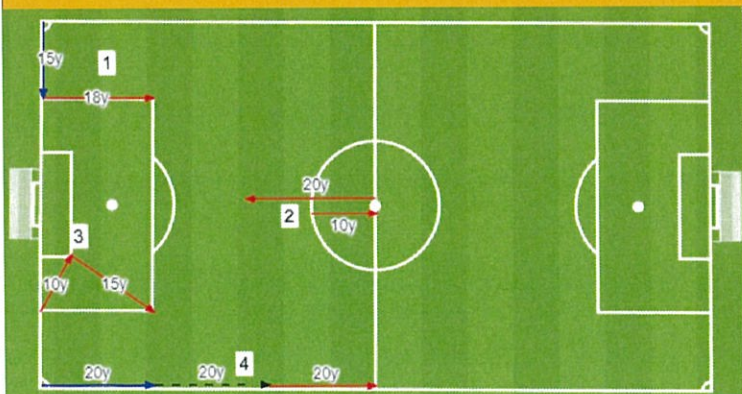
2 Sets x 5 Reps with 90 secs rest between sets

Heart Rate Output Aims

10 mins >85% MAX HR (Top 2 HR Zones)

Speed Sessions

Speed Session 2



Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser

Red Line – Max Sprint Black Line – Jog Blue Line – Side Step

Drill 1) Sidestep 15y and then Max Sprint 18y x 6 reps (3 each way)
 Drill 2) Max Sprint 10y then 180 degree turn and Max Sprint 20y x 6 reps
 Drill 3) Max Sprint 10y then cut and Max Sprint 15y x 6 reps (3 each way)
 Drill 4) Sidestep 20y, Jog 20y then Max Sprint 20y x 6 reps (3 each way)
 Cool Down 5 minutes

Sets x Reps & Rest

Drill 1 = 6 reps (3 in each direction). Drill 2 = 6 reps.
 Drill 3 = 6 reps (3 in each direction). Drill 4 = 6 reps (3 in each direction)
 Minimum of 30 seconds rest between reps and 2 mins rest between drills

Bad Weather Speed 2



Description

BIKE or TREADMILL

Self Selected Resistance

Gradually increasing warm up for 5 minutes

Bike: 15 secs max effort: 45 secs low

Treadmill: 15 secs at Sprint speed: Jump off the treadmill for 60 secs

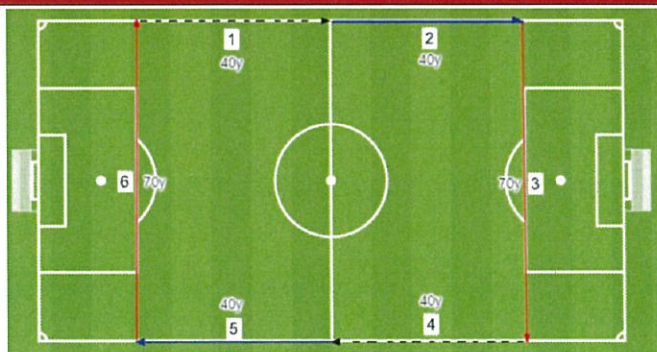
5 minute gradually decreasing cool down

Sets x Reps and Rest

3 x 8 Reps to be completed with 90 seconds rest between sets

Pitch Based HI Sessions

Pitch Based HI 3



Description

5 mins increasing intensity warm up

Red Line – HI Run Black Line – Jog Blue Line – Side Step

Line 1 - Jog 40y to halfway line, Line 2 - Side Step 40y from halfway line to in line with 18, Line 3 - HI Run Width of pitch 70 y, Line 4 - Jog 40 yards to halfway line, Line 5 - Sidestep 40y from halfway line to in line with 18 and Line 6 - HI run 70y width of pitch. This = 1 rep.

Complete 6 reps continuously then rest for 2 mins (Complete 3 Sets)

5 mins decreasing intensity warm down

Sets x Reps & Rest

3 Sets x 6 Continuous Reps and 2 mins rest between sets.

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Alternative Bad Weather HI Session 3



Description

BIKE, TREADMILL, X-TRAINER or ROWING MACHINE

Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

3 minutes on (>85% of max HR) : 1 minutes off (low resistance and low RPM) Repeat x5

5 minute gradually decreasing cool down

Sets x Reps and Rest

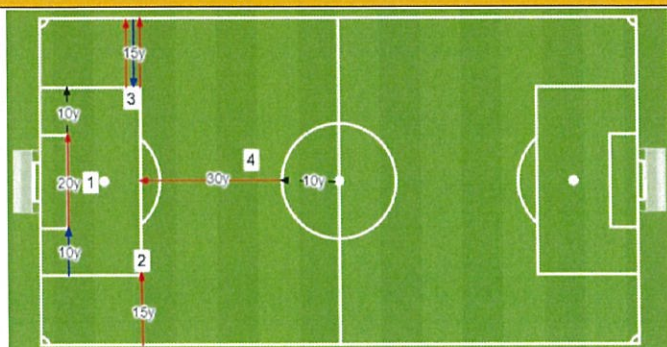
6 Reps to be completed consecutively with no rest

Heart Rate Output Aims

15 mins >85% MAX HR (Top 2 HR Zones)

Speed Sessions

Speed Session 3



Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser

Red Line – Max Sprint **Black Line – Jog** **Blue Line – Side Step**

Drill 1) Side Step 10y, Max Sprint 20y and then Jog 10 y x 6 Reps

Drill 2) Max Sprint 15y Accelerations. Vary star positions x 6 Reps

Drill 3) Max Sprint 15y, cut and Sidestep back 15y and then cut and Max Sprint 15y x 6 reps (3 in each Direction)

Drill 4) Jog 10y and then Max Sprint 30y x 6 reps

Cool Down 5 minutes

Sets x Reps & Rest

Drill 1 = 6 reps. Drill 2 = 6 reps

Drill 3 = 6 reps (3 in each direction) Drill 4 = 6 reps

Minimum of 30 seconds rest between reps and 2 mins rest between drills

Bad Weather Speed 3



Description

BIKE or TREADMILL

Self Selected Resistance

Gradually increasing warm up for 5 minutes

Bike: 20 secs max effort: 60 secs low

Treadmill: 20 secs at Sprint speed: Jump off the treadmill for 50 secs

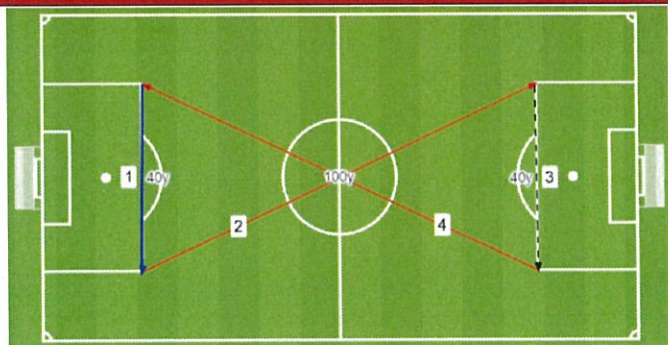
5 minute gradually decreasing cool down

Sets x Reps and Rest

2 x 6 Reps to be completed with 90 seconds rest between sets

Pitch Based HI Sessions

Pitch Based HI 4



Description

Black Line = Jog Red Line = HI Run

Red Line – HI Run Black Line – Jog Blue Line – Side Step

Line 1 – Side Step the width of 18y box (40 yards), Line 2 – HI Run diagonally corner of 18 to corner of 18 (100 yards), Line 3 – Jog width of 18y box (40 yards) and Line 4 – HI run diagonally corner of 18 to corner of 18 (100 yards) This = 1 Rep. Complete 4 reps continuously and then rest for 90 seconds (Complete 4 sets)

After completing 1 Rep turn and complete in the opposite direction

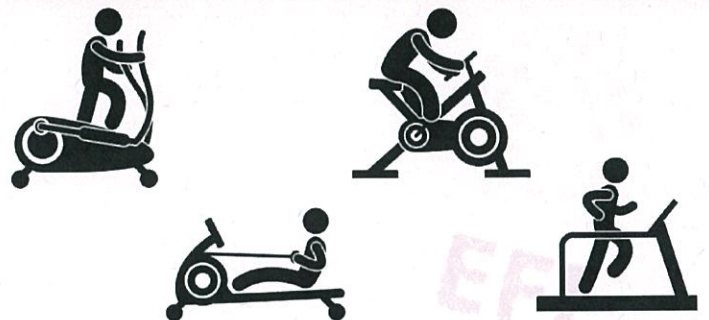
Sets x Reps & Rest

4 sets x 4 reps with 90 seconds rest between sets

Heart Rate Response

15 mins >85% MAX HR (Top 2 HR Zones)

Alternative Bad Weather HI Session 4



Description

BIKE, TREADMILL, X-TRAINER or ROWING MACHINE

Self Selected Resistance

Gradually increasing warm up, up to 85% HR Max

1 Min above 85%: 15 seconds low x 10

5 minute gradually decreasing cool down

Sets x Reps and Rest

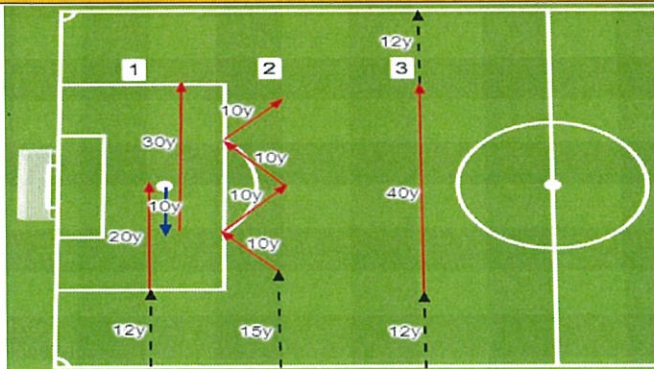
2 Sets x 10 reps 2 mins rest between sets

Heart Rate Output Aims

10-15 mins >85% MAX HR (Top 2 HR Zones)

Speed Sessions

Speed Session 4



Description

Warm up 10 minutes - Stretches, Dynamics and Pulse Raiser
Red Line – Max Sprint **Black Line – Jog** **Blue Line – Side Step**

Drill 1- Jog for 12y, max Sprint 20y, sidestep 10y and then Max Sprint for 30y x 6 Reps

Drill 2- Jog for 15y and then max sprint with a cut every 10y for 40y. Have an even number of left and right cuts. X 6 reps

Drill 3- Jog for 12y, Max sprint for 40y and then jog for 12y x 6 reps
Cool Down 5 minutes

Cool Down 5 minutes

Sets x Reps & Rest

Drill 1 – 8 Reps, Drill 2 – 8 reps, Drill 3 – 6 reps and Drill 4 – 6 reps.
30 secs Rest between Reps and 2 mins between drills

Bad Weather Speed 4



Description

BIKE or TREADMILL
Self Selected Resistance

Gradually increasing warm up for 5 minutes

Treadmill: 10 secs at Sprint speed: Jump off the treadmill for 60 secs

5 minute gradually decreasing cool down

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Sets x Reps and Rest

3 x 8 Reps to be completed with 90 seconds rest between sets
