



Speed 2

Category: Physical: Endurance

Difficulty: Difficult

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Equipment / Set Up

Equipment

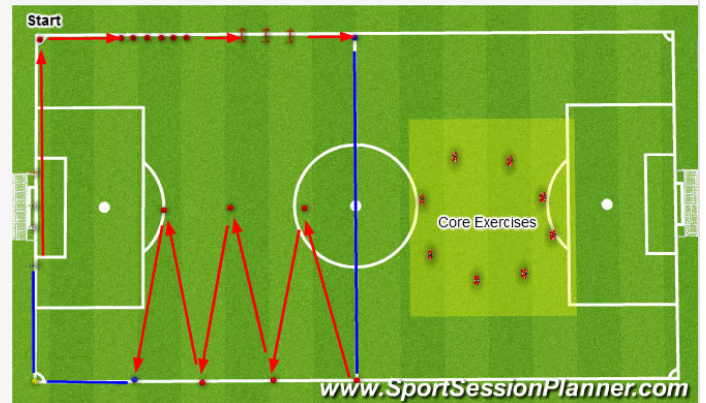
13 x Red Cones
3 x Blue Cones
1 x Yellow Cone
3 x Hurdles
4 x Poles
Variety of weights

Set Up

Half a pitch for Fartlek

Numbers:

Half squad Fartlek and other half on core exercises



Description

Start:

- 1) Jog to first set of red cones
- 2) Lateral movement through the red cones
- 3) Sprint to hurdles
- 4) Tuck Jumps, knees to chest over the hurdles with minimal contact with the ground
- 5) Sprint to blue cone
- 6) From the blue cone to the red cone 75% run
- 7) Diagonal sprints through red cones
- 8) From blue cone to yellow cone jog
- 9) Backwards from yellow cone to poles
- 10) Forward lateral movement at poles at max speed
- 11) 100% sprint to start

3 x 4 minute sets with 2 minute recovery after each set
Squad will swap after each set Fartlek to weights circuit to Fartlek etc...

