

Endurance Session 1

Warm-up (8-10 minutes)

Dynamic stretching and general warm-up

Endurance phase 1 (6-15 minutes)

Pyramids – Start on goal-line, run to 22 and back to goal-line, run to half-way and back to goal-line, run to far 22 and back to goal-line and then run to far goal-line and back. (500m per rep)

Level 1	2 reps start every 3 minutes (Total 1,000m)
Level 2	3 reps start every 3 minutes (Total 1,500m)
Level 3	4 reps start every 3 minutes (Total 2,000m)
Level 4	4 reps start every 2.5 minutes (Total 2,000m)
Level 5	5 reps start every 2.5 minutes (Total 2,500m)

Rest 4 minutes

Endurance phase 2 (8-12 minutes)

Pitch Z – start at corner flag, 75% stride along touch-line to far corner, turn and continue diagonally to opposite corner flag and then run along opposite touch-line to last corner-flag (follow a Z pattern!!). Walk recovery along goal-line to begin again (from opposite end of the pitch to which you started) – that is one rep (322m work, 70m rest)

Level 1	2-3 reps (Total 644m-966m)
Level 2	3-4 reps (Total 966m-1,288m)
Level 3	4 reps (Total 1,288m)
Level 4	5 reps (Total 1,610m)
Level 5	6 reps (Total 1,932m)

Rest 4 minutes

Endurance phase 3 (8-12 minutes)

22m returns – Start at goal-line, run to 22 and back is 1 rep. (44m per rep)

Level 1	Start every 30 seconds for 8 minutes (Total 704m)
Level 2	Start every 30 seconds for 10 minutes (Total 880m)
Level 3	Start every 20 seconds for 8 minutes (Total 1,056m)
Level 4	Start every 20 seconds for 10 minutes (Total 1,320m)
Level 5	Start every 20 seconds for 12 minutes (Total 1,584m)