

General Session 2

Mixed session incorporating speed work, skills and speed endurance modules.

Warm-up (8-10 minutes)

Dynamic stretching and general warm-up

Speed phase (8-12 minutes)

Rolling sprints – start at goal-line, jog to 22, sprint to half-way, jog to 22 and sprint to try-line.

Level 1	6 reps start every 90 seconds
Level 2	8 reps start every 90 seconds
Level 3	8 reps start every 60 seconds
Level 4	10 reps start every 60 seconds
Level 5	12 reps start every 60 seconds

Rest 2 minutes

Skill phase (8-12 minutes)

Multi-directional sprints – use four cones to set-up. One cone is the home cone, the others should be 10 metres from the home cone in various directions. Start at the home cone and sprint to each cone and back to the home cone (each time). If working with someone else, number or colour the cones and move in the order called by training partner.

Level 1	8 reps start every 90 seconds
Level 2	8 reps start every 60 seconds
Level 3	10 reps start every 60 seconds
Level 4	10 reps start every 45 seconds
Level 5	12 reps start every 45 seconds

Rest 2 minutes

Speed endurance phase (9-15 minutes)

Phased laps – Start at one corner of the pitch, 75% stride along touch-line to the far corner, jog along goal-line to third corner, 75% stride to corner and jog back to start. (340m per rep)

Level 1	3 reps start every 3 minutes
Level 2	4 reps start every 3 minutes
Level 3	4 reps start every 2.5 minutes
Level 4	6 reps start every 2.5 minutes
Level 5	6 reps start every 2 minutes