



Fitness Movement Drill Two:

All forwards, continuous running

- 5m return x 2 @ 70%
- 10m sprint @ 100% (jog return) 5m return x 2 @ 70%
- 20m sprint @ 100% (jog return) 5m return x 2 @ 70%
- 30m sprint @ 100% (jog return) 5m return x 2 @ 70%
- 40m sprint @ 100% (jog return)

Total distance = 280m

Duration Options:

- Continuous run, complete the sequence twice (i.e.: 560m), rest for 90 seconds, x 3 (total distance= 1680m) Complete one set (i.e.: 280m), with a 40 second recovery, x 5
- Complete as much distance as possible in 90 seconds, with a 90 second recovery x 4