



Fitness Movement Drill One:

All forwards, continuous running

- 5m return @ 70%
- 10m return @ 70%
- 40m sprint @ 100%
- Jog back recovery (back to the start line)

Total distance = 110m

Duration Options:

- Continuous run for 1 minute, with 1 minute recovery x 6 (12 minutes total time, 660m total distance)
- Complete one set (i.e.: 110m), with a 40 second recovery, x 10