No Game

Session 1

The Checklist

Basic Running Prep
+
4-6 x 60m Building Strides w walk recovery

Complete 1 set*

3x 60m 3-step sprint w walk recovery + 60" passive rest after ea.
+
3x bounce/backaway and cut w 40m hard acceleration/effort and walk recovery
+
10'' Game Run : 5'' Rest x3' w Rest 90"
+
15" Run : 15'' Walk x4' w Rest 2'
+
3' Run : 90" Jog

- Or as directed by HPM