No Game

Session 2

Intensity To Volume ¼

Basic Running Prep
+

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

Complete 4 sets*
(6' rest b/w sets)

2x 60m rolling sprint w walk recovery + 60" passive rest after ea.
+
2x bounce/backaway and cut w 40m hard acceleration/effort and walk recovery
+
15'' Run : 15'' Walk x4' w Rest 2' x2
+
3' Run : 90'' Jog x2
+
1km effort

- Or as directed by HPM