**No Game**

# Session 3

## *Mixed Method ¼*

Basic Running Prep
+

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

Bounce/backaway and cut w 60m Sprint
+
10'' Game Run : 5'' Rest  x3'
+
Bounce/backaway and cut w 60m Sprint
+
3' Run : 90" rest
+
Bounce/backaway and cut w 60m Sprint
+
15" Run : 15'' walk x4'
+
Bounce/backaway and cut w 60m Sprint
+
3' Run

- Or as directed by HPM