



Top Up Your Tank

BACKWARDS RUNNING

*** Need A Marked Footy Oval ***

2km Ramp Warmup

Set 1 = x8 reps

- Start approx. 60m out from goal
- Run forwards at 70% to wing then turn and surge for 15-20m backwards
- Turn and run towards behind post
- Visualise a mark just inside 50 where we need to run in backwards from approx. 40m out and finish off into post (can do throw-in next to post)
- Recovery walk out to starting point from other end of ground

Set 2 = x6 reps

- Start on post with hard 30-40m off post to complete stop
- Then jog back to post, change to the opposite side of the same goals and repeat

Set 3 = x8 reps (2 laps working around the square whilst reps 2,4,6 head to far end of square)

- Start at position for start of quarter or after goal
- Hard backwards to boundary and then forwards to nearest post at 70%
- Jog up middle and head to opposite side nearest end of the ground for rep 2

