



Top Up Your Tank

SPEED

2km Ramp Warmup

3x 10m Sprint Drills with Running Out Of Drill

- Ankle Dribble
- Straight Leg Running
- A-Skip
- Bum Kicks w Knee Lift
- Running High Knees

4x Building Run-Throughs

- 70-75%
- 80-85%
- 85-90%
- 90-95%

6x 30m Effort (rolling start) w 90" recovery

Rest 5' before completing

4x 60m Effort (standing start) w 2' recovery

