

## **TRAINING PROGRAMME DECEMBER 2014**

### **Junior Sprints**

#### **Monday**

Reaction speed

Let someone stand behind you and clap their hands loudly twice. In return you respond by clapping back (you are not allowed to look at the person clapping.)

#### **Tuesday**

Leg muscles

10 steps up and down (x3)

Jump 10 steps (2 legs) up and down (x2)

#### **Wednesday**

Fartlek

Run 80m – first 20m average pace, 40m sprint and 20m average pace.

#### **Thursday**

Speed

Sprint 3 x 60m

Sprint 2 x 80m

Sprint 1 x 100m

#### **Friday**

Fitness

Jog 10 min without stop. Try not to walk.

**(Rest: Saturday and Sunday)**

### **Senior Sprints**

**Monday, Wednesday and Friday** (Do both exercises 3 times)

Reaction speed

Let someone clap their hands behind you, you respond by clapping back (you are not allowed to look at the person). If you respond quickly enough lift your one leg and repeat the exercise

Leg muscles

Run steps – 10 big or 20 smaller steps.

Jump with two legs simultaneously for two steps, then one back. (big steps)

Jump 4 stairs up and two back. (small steps)

Jump one leg up and then one leg down.

**Tuesday, Thursday and Saturday**

Fartlek

6 x 150m

First 50m average pace.

Second 50m sprint.

Third 50m average pace.

Do not walk.

## Speed

3 x 30m sprints

3 x 50m sprints

2 x 80m sprints

2 x 100m sprints

Take two sips of water in between sets e.g. complete 3 x 30m sprints then drink water.

Practise you start

Let someone set you off, jump and run 20m, walk back and repeat.

Do 5 times without any false starts

Remember to stretch and do a warm-up run of 400m.

## Long distance

### **Monday**

Jog slowly for 1 min

Sprint two lampposts. Repeat 6 times.

### **Tuesday**

Jog slowly for 15 min

Jump rope for 5 min

### **Wednesday**

Jog for 5 min

### **Thursday**

5 x between 2 lampposts

Jog from 1 lamppost to the second

Sprint from the second lamppost back

Rest 1-2 min before you start again

### **Friday**

Practise your start 10 times

Jog 15 min

**Important: When your child is fit, increase the time by 5 min per day.**