

**Speed Training** Do 1x a week

**Juniors**

**Speed Training**

Always do a thorough warm up

| Sprint time | Speed/Effort                       | Rest     |
|-------------|------------------------------------|----------|
| 30 seconds  | As fast as you can - Flat out 100% | 1 min 30 |

**U13 and 15 do 5 sprints, U17 do 7 sprints, U19 do 10 sprints**

Take full rest period to ensure. Maximum effort on next sprint.

Cool down

**Seniors** - Alternate sessions below. 1 month of each.

**Speed Training**

Always do a thorough warm up

| Sprint time | Speed/Effort | Rest     |
|-------------|--------------|----------|
| 20 seconds  | 100%         | 1 minute |

Do 15-18 Sprints with full rest/recovery

Take full rest period to ensure

Maximum effort on next sprint.

Cool down

**Speed Training**

Always do a thorough warm up

| Sprint time | Speed/Effort | Rest     |
|-------------|--------------|----------|
| 30 seconds  | 100%         | 1 min 30 |

Do 10-12 Sprints with full rest/recovery

Take full rest period to ensure

Maximum effort on next sprint.

Cool down