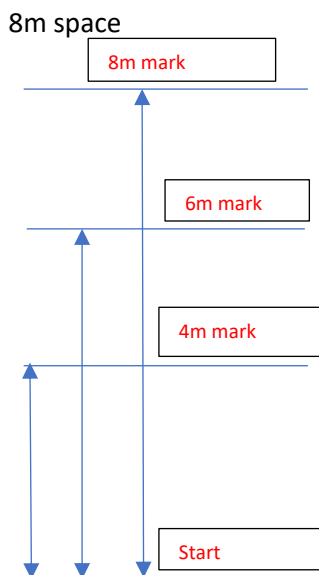


Tuesday Challenge

Session 4

Speed drills

You are looking to complete each set over approx. 100m. I have given examples below of how to cover the distance depending on the space you have available but adapt to suit you and your surroundings.



Opposite is an example of how to set up if you have a smaller space.

From the start **sprint** to the first mark and back, 2nd mark and back, 3rd mark and back. Repeat 3 times to cover approx. 100m.

If you have a larger space set markers at:

4m, 6m, 8m & 10m – repeat twice

5m, 10, 15m & 20m – only do each one once

Try and go for the longest distance possible to get optimum speed build up.

Every 100m is **1 set**.

I would like you to complete 6 sets each session with a rest in between each set, so covering approx. 600m. You can also run as a relay if you have willing volunteers.

This session is to be completed every day and should take you approx. **20 mins including warm up and cool down drills**.

Have fun and stay safe, Jo x