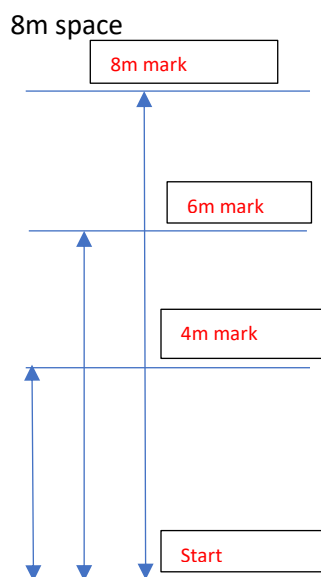


## Tuesday Challenge

### Session 14

#### Speed drills for longer running

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, 2<sup>nd</sup> mark and back, 3<sup>rd</sup> 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 up to 4 sets with a rest in between each set, so covering approx. 400m for the first 2 days. On day 3 increase to 5 sets and on day 4 increase to 6 sets.

On day 5 I would like you to complete the 1.6km cross country distance that you did on session 2. Hopefully you will have made a note of your original time so you will have a PB to work towards.

Have fun and stay safe, Jo x