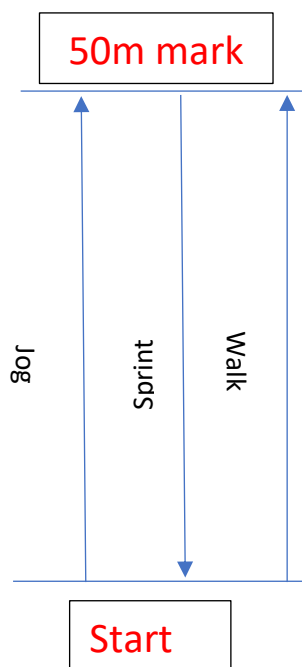


## Tuesday Challenge

### Session 5

#### Speed drills

I have adapted the traffic light system we use around the track. The bigger the distance you have to run the easier it will be.



Opposite is an example of how to set up if you have a large safe space. If it is a smaller area then repeat.

From the start:

Jog 50m (turn around)

Sprint 50m (turn around)

Walk 50m

Jog 50m

Sprint 50m

Walk 50m

This is one set and covers 300m.

I would like you to complete each set 4 times with a good rest in between each set. You should be covering approx.. 1200m (3 times round the track)

This session can be completed every day and should take you approx. **30 mins including warm up and cool down drills.**

Have fun and stay safe, Jo x