

Tuesday Challenge

Session 7

This week you are going to do some agility work. We have done these quite a few times during the Winter so you should be familiar with the layout.

They will really test your fitness so if you're not out of breathe you are probably not working hard enough!!

Setting up at training we usually use 6 lanes to create a continuous flow:

Lane 1: Skip down

Lane 2: Sprint up

Lane 3: Mini hurdles down – jumping over sideways

Lane 4: Jog up

Lane 5: Ladder x 2 (One foot each rung & sideways stepping)

Lane 6: Sprint up

You may need to adapt to fit your space but work on a lane being approx. 50m long.

For the hurdles I would suggest approx. 20 cms in height & about 5-6 in total. You are going over sideways, two footed, so don't worry about the depth of them. For the ladders each one approx. 2 metres in length using sticks / tape / string / chalk to mark them out.

You can do a total of 3 sets before resting

Have fun and stay safe, Jo x