

U16 WEEKS 5-8 CONDITIONING (DAY 1)



WARM UP

- | | |
|--|---|
| <input type="checkbox"/> High Knee Run/ Butt Kicks Back - 1 x 10m | <input type="checkbox"/> Banded external shoulder rotations - 2 x 10m |
| <input type="checkbox"/> Skip forward and backwards with arm circles - 1 x 10m | <input type="checkbox"/> Lying book openers - 3 x 10 ea |
| <input type="checkbox"/> A Skip / B Skip - 1 x 10m | <input type="checkbox"/> 80% sprint walk back - 15m |
| <input type="checkbox"/> Carioca Left/ Carioca Right - 1 x 10m | <input type="checkbox"/> 90% sprint walk back - 15m |
| <input type="checkbox"/> Leg Swings Fwd/Back/Lateral - 2 x 10m ea | <input type="checkbox"/> 100% sprint walk back - 15m |

CONDITIONING

| DAY 1 | | | | |
|---------------------------|----------------------------------|----------------------------------|----------------------------------|---|
| | WK 1 | WK 2 | WK 3 | WK 4 |
| SPEED | | | | |
| Altitude landings 30cm | <input type="checkbox"/> 2 x 8 | <input type="checkbox"/> 2 x 10 | <input type="checkbox"/> 2 x 12 | <input type="checkbox"/> 2 x 15 |
| Skip for Distance | <input type="checkbox"/> 2 x 10m | <input type="checkbox"/> 2 x 15m | <input type="checkbox"/> 2 x 15m | <input type="checkbox"/> 2 x 20m |
| 20m Sprints | <input type="checkbox"/> 3 x 4 | <input type="checkbox"/> 3 x 5 | <input type="checkbox"/> 3 x 5 | <input type="checkbox"/> 4 x 6 Repeat on minute 3 min/sets |
| 15m Curved Sprints | <input type="checkbox"/> 3 x 4 | <input type="checkbox"/> 3 x 5 | <input type="checkbox"/> 3 x 5 | <input type="checkbox"/> 4 x 6 90 sec recoveries 3 min/sets |

ENERGY SYSTEM DEVELOPMENT

| | | | | |
|--------------|--------------------------------|--------------------------------|---------------------------------|---------------------------------|
| MAS EURO FIT | <input type="checkbox"/> 2 x 6 | <input type="checkbox"/> 2 x 8 | <input type="checkbox"/> 2 x 10 | <input type="checkbox"/> 2 x 12 |
|--------------|--------------------------------|--------------------------------|---------------------------------|---------------------------------|

Male 17.5
Female 15

15 secs hard 15 Rest 5 sec out/5 seconds bac/5 seconds back out
- rest 4 mins between sets