

# U16 WEEKS 5-8 CONDITIONING (DAY 2)



## 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% Lateral shuffle to sprint 15m            |
| <input type="checkbox"/> Carioca Left/ Carioca Right - 1 x 10m                 | <input type="checkbox"/> 80% cross over step to sprint 15m right      |
| <input type="checkbox"/> Leg Swings Fwd/Back/Lateral - 2 x 10m ea              | <input type="checkbox"/> 80% cross over step to sprint 15m left       |

## CONDITIONING

### DAY 1

WK 1

WK 2

WK 2

WK 2

### SPEED

Lateral Hop & Sticks	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec	<input type="checkbox"/> 2 x 5 sec
Icky Shuffle	<input type="checkbox"/> 2 x 4es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 4 x 4es	<input type="checkbox"/> 4 x 4es
5sec Pattern 1	<input type="checkbox"/> 3 x 3es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 6es	<input type="checkbox"/> 3 x 6es
5sec Pattern 2	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 4es	<input type="checkbox"/> 3 x 6es	<input type="checkbox"/> 3 x 6es

### 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
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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

\*es = each side