

Youth Girls – Week 3

Strength and Conditioning

SESSION 1: LONG RUN

Total Run time: 35 minutes

Run out for 17min, have a 3-minute rest, then run back.
Try to beat 17min back.

SESSION 2: INTERVALS/REPEATS

Repeat the prescribed distance for the designated number of reps, with 3 - 5 minutes rest between runs.

1000m x3

SESSION 3: TEMPO RUNS

4x 100m runs x 3 sets

Distance in meters:	Target Time:
100m Run	18 – 20 sec
Walk 50m	
100m Run	18 – 20 sec
Walk 50m	
100m Run	18 - 20 sec
Walk 50m	
100m Run	18 - 20 sec
Walk 50m	