

Youth Girls – Week 4

Strength and Conditioning

SESSION 1: LONG RUN

Total Run time: 40 minutes

Run out for 20min, have a 3-minute rest, then run back.
Try to beat 20min back.

SESSION 2: INTERVALS/REPEATS

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

800m x4

SESSION 3: TEMPO RUNS

50m/100m/150m/100m/50m x 3 sets

Distance in meters:	Target Time:
50m Run	8 - 10 sec
Walk 50m	
100m Run	18 - 20 sec
Walk 50m	
150m Run	28 - 30 sec
Walk 50m	
100m Run	18 - 20 sec
Walk 50m	
50m Run	8 - 10 sec