

Youth Girls – Week 6

Strength and Conditioning

SESSION 1: LONG RUN

Total Run time: 50 minutes

Run out for 25min, have a 3-minute rest, then run back.
Try to beat 25min back.

SESSION 2: INTERVALS/REPEATS

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

800m x5

SESSION 3: TEMPO RUNS

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

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