

Youth Girls – Week 7

Strength and Conditioning

SESSION 1: LONG RUN

Total Run time: 55 minutes

Run out for 27min, have a 3-minute rest, then run back.
Try to beat 27min back.

SESSION 2: INTERVALS/REPEATS

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

600m x6

SESSION 3: TEMPO RUNS

100m/150m/200m/150m x 3 sets

| Distance in meters: | Target Time: |
|---------------------|--------------|
| 100m Run | 18 - 20 sec |
| Walk 50m | |
| 150m Run | 28 - 30 sec |
| Walk 50m | |
| 200m Run | 35 - 40 sec |
| Walk 50m | |
| 150m Run | 28 - 30 sec |
| Walk 50m | |