

## Youth Girls – Week 8

Strength and Conditioning

### SESSION 1: LONG RUN

Total Run time: 60 minutes

Run out for 30min, have a 3-minute rest, then run back.  
Try to beat 30min back.

### SESSION 2: INTERVALS/REPEATS

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

400m x8

### SESSION 3: TEMPO RUNS

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

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