



Youth Girls – Week 2

Strength and Conditioning

SESSION 1: LONG RUN

Total Run time: 30 minutes

Run out for 15min, have a 3-minute rest, then run back. Try to beat 15min back.

SESSION 2: INTERVALS/REPEATS

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

800m x3

SESSION 3: TEMPO RUNS

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

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



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