

## Manly Women's Premier League – 5 Week Fitness Programme A

<b>Week 1</b>	Session 1	35 minute continuous run (HR 155-165) In own time (not at training)
	Session 2	5x10m sprints(both feet behind line to start)5x5m backward then 10m forward 5xjump back then sprint 10mm (concentration on leaning body angle acceleration speed, 5xskip 10m sprint 10 metre sprint
	Session 3	4 x 250m (jog back), 24 x 40m (jog back, 1min rest every 8), 3 x 250m.
<b>Week 2</b>	Session 1	40 minute run (every 5th minute increase the tempo for a minute)
	Session 2	10 x 60m wind sprints (accelerate 20m, sprint 20m, hold 20m) 10 x 10m sprints (starting on stomach)
	Session 3	5 x 400m (1min rest), 10 x 100m (jog back), 4 x 400m (1min rest)
<b>Week 3</b>	Session 1	40 min continuous run (try and find a hilly course)
	Session 2	10 x 60m hill sprints (full walk back recovery, find the steepest hill possible!)
	Session 3	6 x 300m shuttle (1min rest, cones every 10m till 50m) 15 x 100m (leave on the 45secs)
<b>Week 4</b>	Session 1	20min hard run (try and do 5 km)
	Session 2	20m grid, four coloured cones (set yourself as sequence of 4 and do 20 sets)
	Session 3	30m Stadium stair running
<b>Week 5</b>	Session 1	45 min run
	Session 2	5 x 5m, 5 x 10m, 5 x 15m, 5 x 20m, 5 x 50m.
	Session 3	Ladders 10,20,30,40,50, 60,70,80,90,100m x 4 (1 min rest) 3 x 400m (1min rest)

**Session 1** Aerobic Run

**Session 2** Speed and Agility (100% speed, full recovery)

**Session 3** Anaerobic Session

\*Sessions do not include warm up and warm down.

\*Ensure that you complete speed drills and run-throughs before each session.