

Manly Women's Premier League – 5 Week Fitness Programme B

Week 1	Session 1	35 minute run (HR 155 – 165) In own time not at training
	Session 2 SPEED	(warm up) Acceleration sprint (concentrate leaning forward & arm swing) both feet behind line together sprint 5 X 10m walk back to recover. *5 X 5m backward then sprint 10m forward walk back to recover. *5 X skip 10m high as you can go then sprint 10m. *Fast feet (start at any angle) Then sprint 10m X 5 walk back to recover. * finish with touch drills.
	Session 3 ANAEROBIC	600 m run 80% to 90% (90 sec recovery) 400 m run 85% to 95% (90 sec recovery) 150m run 90% to 95% REPEAT BACKWARD IF YOU WANT OR DO SKILLS
Week 2	Session 1	Run for 40 mins, in the 5 th minute increase tempo for 1 minute.
	Session 2 SPEED	Max speed 10 X 60 m Accelerate 20m Sprint 20m walk back Sprint 20m (hold form) recover SWERVE DRILL Swerve around 2 cones catch pass sprint 10m to line.
	Session 3 ANAEROBIC	5 X 400m 1 minute rest in between
Week 3	Session 1	30 minute run hilly course.
	Session 2 SPEED	5 X side starts (fast feet) 20 m sprint 2 X jump for distance sprint 30m, walk back to recover. 3 X Sprint 5m run back to start (no jogging) Sprint 10m “ “ Sprint 15m “ “ Sprint 20m “ “ 3 min recovery SKILLS.
	Session 3 ANAEROBIC	5 X 4 min Maintain distance 85% - 90% 1 minute between reps.
Week 4	Session 1	20 minute hard run in your own time.
	Session 2	Do some grid agility work (Make some of it fun, relay or timed) THEN SKILLS
	Session 3	10 X 30m hill sprints or Stairs If stairs do single, then double, side step stair or side to side.
Week 5	Session 1	Long run, easy 6 km's.
	Session 2	3 X 30m skip for distance into 20m sprint. Walk back to recover. 2 X 2mins 10m forward & back running. (2 min recovery in between)
	Session 3	4 X 2min beat your previous distance running (2min recovery between)