

Session 1 Foundation Period			
Front Five	Back Row	Halves and Centres	Back Three
In the following sessions run all the sprints as straight lines from a standing start. Start each sprint after the following times have elapsed: Run 10m every 10 seconds, run 20m every 15 seconds, run 30m every 20 seconds and run 40m every 30 seconds. Run as fast as you can for each sprint.			
10 x 10m 7 x 20m 4 x 30m 1 x 40m	6 x 10m 5 x 20m 4 x 30m 3 x 40m	5 x 10m 7 x 20m 3 x 30m 3 x 40m	10 x 40m
10 x 10m 8 x 20m 4 x 30m 1 x 40m	6 x 10m 6 x 20m 4 x 30m 3 x 40m	5 x 10m 8 x 20m 3 x 30m 3 x 40m	1 x 20m 10 x 40m
10 x 10m 7 x 20m 4 x 30m 2 x 40m	6 x 10m 5 x 20m 4 x 30m 4 x 40m	5 x 10m 7 x 20m 3 x 30m 4 x 40m	2 x 20m 10 x 40m
10 x 10m 9 x 20m 5 x 30m 1 x 40m	8 x 10m 6 x 20m 5 x 30m 3 x 40m	8 x 10m 7 x 20m 3 x 30m 4 x 40m	2 x 20m 1 x 30m 10 x 40m
12 x 10m 7 x 20m 5 x 30m 2 x 40m	8 x 10m 7 x 20m 5 x 30m 3 x 40m	5 x 10m 8 x 20m 4 x 30m 4 x 40m	1 x 10m 1 x 20m 2 x 30m 10 x 40m
13 x 10m 8 x 20m 6 x 30m 3 x 40m	10 x 10m 7 x 20m 5 x 30m 5 x 40m	8 x 10m 8 x 20m 5 x 30m 5 x 40m	1 x 10m 2 x 20m 2 x 30m 10 x 40m
16 x 10m 10 x 20m 6 x 30m 4 x 40m	10 x 10m 8 x 20m 8 x 30m 5 x 40m	5 x 10m 8 x 20m 7 x 30m 7 x 40m	3 x 10m 3 x 20m 3 x 30m 10 x 40m

16 x 10m 10 x 20m 8 x 30m 5 x 40m	12 x 10m 10 x 20m 8 x 30m 6 x 40m	8 x 10m 7 x 20m 6 x 30m 10 x 40m	20 x 40m
Session 1 Development Period			
Front Five	Back Row	Halves and Centres	Back Three
In this period the lines of running will be more varied and not in straight lines. All drills can be made harder by the player starting from a front support position or on his back. An activity can be made much harder by the player going to ground at each change of direction, but be wary of this as these drills should be carried out at pace. The recovery period should be approximately three times the work period and therefore it makes sense for players to work in fours.			
N Drill x 4 each way Y Drill x 4 5 – 10 – 15 x 4 30s between reps	N Drill x 4 each way L Drill x 4 each way 5 – 10 – 15 x 4 30s between reps	L Drill x 4 each way Zig Zag Drill 5 – 10 – 15 x 4 30s between reps	Zig Zag Drill Wide Zig Zag Drill 5 – 10 – 20 x 3 30s between reps
N Drill from chest x 4 each way Y Drill x 4 each way 505 3 each leg 5 – 10 – 15 x 6 30s between reps	N Drill + 5m at 45 degree x 4 each way 20 – 10 x 4 20s between reps M Drill x 4 each way 5 – 10 – 15 x 6 30s between reps	I Drill x 4 each way Zig Zag Drill 10 – 20 x 4 20s between reps 5 – 10 – 15 x 6 30s between reps	U Drill x 4 each way Wide Zig Zag Drill W Drill x 4 each way 5 – 10 – 20 x 4 30s between reps
4 Coloured Cone 4 x 30s W Drill x 4 each way 505 3 each leg 5 – 10 – 5- 10 from chest x 4 (30s between reps). Rest one minute and repeat	T Drill x 4 each way 4 Coloured Cone Chest 4 x 30s 505 3 each leg 5 – 10 – 20 from chest x 4 (30s between reps). Rest one minute and repeat	M Drill + 10 x 3 each way Zig Zag Drill 505 3 each leg 5 – 10 – 20 x 4 (30s between reps). Rest one minute and repeat	5m lateral + N Drill x 3 each way 505 3 each leg Wide Zig Zag Drill 10 – 40 Drill x 4 (30s between reps). Rest one minute and repeat
4 Coloured Cone Chest 4 x 30s U Drill x 4 each way 505 3 each leg Forward Roll + 5m x 6	Shuffle Square from lying on back x 4 each way M Drill x 4 each way Forward Roll + N Drill x 4 each way 180 Front Support + Stand	Shuffle Square x 4 each way 10 – 20 Drill x 4 20s between reps 90 Front Support + Stand x 4 each way 5 – 10 – 20 x 4 (30s between reps). Rest one minute and repeat	10 – 40 + Return Drill x 4 30s between reps Wide Zig Zag Drill 90 Front Support + Stand x 4 each way 10 – 40 Drill x 4 (30s between reps). Rest one minute and repeat