

| Session 2 Foundation Period                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                           |
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| Front Five                                                                                                                                                                                                                                                                                                     | Back Row                                                                                                                                                                                                                                                                                                        | Halves and Centres                                                                                                                                                                                                                                                                                               | Back Three                                                                                                                                                                                                                                |
| 4 x 25, 1 x 100, 2 x 50 10s Recovery. All sprints as straight lines                                                                                                                                                                                                                                            | 4 x 25, 1 x 100, 2 x 50 10s Recovery. All sprints as straight lines                                                                                                                                                                                                                                             | 3 x 100 45s Recovery. All sprints as straight lines                                                                                                                                                                                                                                                              | 3 x 100 45s Recovery. All sprints as straight lines                                                                                                                                                                                       |
| 10 x 10m 3 sets with different turns i.e. first off left foot, second off right foot, third repetition run forwards then backwards walk 50m between each repetition as recovery. 4 x 25 5s recovery 3 sets then walk 50, 100m as 4 x 22m shuttle                                                               | 10 x 10m 3 sets with different turns i.e. first off left foot, second off right foot, third repetition run forwards then backwards walk 50m between each repetition as recovery. 4 x 25 5s recovery 3 sets then walk 50, 2 x 22m, 2 x 50m 10s recovery                                                          | (10 x 10) x 3, Do all these as sprint with walk back recovery. (2 x 50) x 2 start on 22m and sprint to far 22m, turn and walk to half way line as recovery then sprint to try line. Rest 30s then 2 x 100 30s recovery between each.                                                                             | (10 x 10) x 3, Do all these as sprint with walk back recovery. (2 x 50) x 2 start on 22m and sprint to far 22m, turn and walk to half way line as recovery then sprint to try line. Rest 30s then 2 x 100 30s recovery between each.      |
| (3 x 100), (4 x 100), (100, 200, 100, 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as quarter pitch lengths "there and back" (count 22m as equivalent to 25 i.e. 100 = 22m line there and back twice        | (3 x 100), (4 x 100), (100, 200, 100, 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back".                                                                                   | (3 x 100), (4 x 100), (100, 200, 100, 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back".                                                                                    | (3 x 100), (4 x 100), (100, 200, 100, 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as full pitch lengths and 200m as "there and back". |
| 5 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m Rest 10s after each repetition<br>3 x 80 Done as "hollows" i.e. sprint 20m.Jog 20m sprint 20m Jog 20m Rest 15s after each repetition<br>3 x 80 Done as "hollows" i.e. sprint 20m.Jog 20m sprint 20m Jog 20m Rest 15s after each repetition | 6 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m Rest 10s after each repetition<br>4 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m Rest 10s after each repetition<br>6 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m Rest 10s after each repetition | 4 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m Rest 10s after each repetition<br>3 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m Rest 10s after each repetition<br>3 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m Rest 10s after each repetition | 4 x 30/30/30 Jog/Stride/Sprint 15s turnaround<br>Rest two minutes<br>2 x 90/90 Stride/Sprint 15s turnaround<br>Rest two minutes<br>4 x 30/30/30 Jog/Stride/Sprint 15s turnaround                                                          |

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| 5 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br>Rest 10s after each repetition<br>REST TWO MINUTES BETWEEN SETS                                                                                                                                                                  | REST TWO MINUTES BETWEEN SETS                                                                                                                                                                                                       | 3 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br>Rest 10s after each repetition<br>REST TWO MINUTES BETWEEN SETS                                                                                              |                                                                                                                                                                                                                                                    |
| (3 x 100), (4 x 100), (3 x 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as quarter pitch lengths "there and back" (count 22m as equivalent to 25 i.e. 100 = 22m line there and back twice            | (3 x 100), (4 x 100), (3 x 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back".                  | (3 x 100), (4 x 100), (3 x 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back".                  | (3 x 100), (4 x 100), (3 x 100). Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets.<br>All repetitions as full pitch lengths and 200m as "there and back".                  |
| (3 x 100), (4 x 100), (100,200,100,100), (6 x 50) Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as quarter pitch lengths "there and back" (count 22m as equivalent to 25 i.e. 100 = 22m line there and back | (3 x 100), (4 x 100), (100,200,100,100), (6 x 50) Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back". | (3 x 100), (4 x 100), (100,200,100,100), (6 x 50) Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All repetitions as half pitch lengths "there and back". | (3 x 100), (4 x 100), (100,200,100,100), (6 x 50) Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets.<br>All repetitions as full pitch lengths and 200m as "there and back". |
| (3 x 100), (100,200,100,100), (100,100,200,200), (100,200,100,100) (3 x 100)<br>Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All                                                                                           | (3 x 100), (100,200,100,100), (100,100,200,200), (100,200,100,100) (3 x 100)<br>Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All                       | (3 x 100), (100,200,100,100), (100,100,200,200), (100,200,100,100) (3 x 100)<br>Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets. All                       | (3 x 100), (100,200,100,100), (100,100,200,200), (100,200,100,100) (3 x 100)<br>Walk half the pitch width as recovery between repetitions and walk one full pitch plus one half as recovery between sets.                                          |

| repetitions as quarter pitch lengths<br>"there and back" (count 22m as<br>equivalent to 25 i.e. 100 = 22m line<br>there and back                                                                                                                                                                                                                                                                                                                                                             | repetitions as half pitch lengths<br>"there and back".                                                                                                                                                                                                                                                                                                                          | repetitions as half pitch lengths<br>"there and back".                                                                                                                                                                                                                                                                                                                                                                                                                                         | All repetitions as full pitch lengths<br>and 200m as "there and back".                                                                                                                                                                              |
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| <p>6 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>5 x 80 Done as "hollows" i.e. sprint 20m.Jog 20m sprint 20m Jog 20m<br/>Rest 15s after each repetition</p> <p>5 x 80 Done as "hollows" i.e. sprint 20m.Jog 20m sprint 20m Jog 20m<br/>Rest 15s after each repetition</p> <p>6 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>REST TWO MINUTES BETWEEN SETS</p> | <p>8 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>6 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m<br/>Rest 10s after each repetition</p> <p>8 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>REST TWO MINUTES BETWEEN SETS</p> | <p>5 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>5 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m<br/>Rest 10s after each repetition</p> <p>5 x 100 Done as "hollows" i.e. sprint 22m.Jog 28m sprint 28m Jog 22m<br/>Rest 10s after each repetition</p> <p>5 x 60 Done as "hollows" i.e. sprint 15m.Jog 15m sprint 15m Jog 15m<br/>Rest 10s after each repetition</p> <p>REST TWO MINUTES BETWEEN SETS</p> | <p>6 x 30/30/30 Jog/Stride/Sprint 5s<br/>turnaround<br/>Rest one minute</p> <p>6 x 90/90 Stride/Sprint 5s<br/>turnaround<br/>Rest one minute</p> <p>6 x 30/30/30 Jog/Stride/Sprint 5s<br/>turnaround</p>                                            |
| Session 2 Development Period: In this period the starting and finishing points will be from different body positions.                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                     |
| Start in 3 Point Stance with one hand on ground. Sprint out 10m and go onto your chest; immediately get up and sprint back to the start. Repeat this four times, this is one set. Rest 45 seconds between sets. Do four sets.<br>10 x 22m (goal line to 10m line), running every 20 seconds.                                                                                                                                                                                                 | Start in 3 Point Stance with one hand on ground. Sprint out 10m and go onto your chest; immediately get up and sprint back to the start. Repeat this six times, this is one set. Rest 45 seconds between sets. Do three sets<br>10 x 22m (goal line to 10m line), running every 20 seconds.                                                                                     | Start in 3 Point Stance with one hand on ground. Sprint out 10m and go onto your chest; immediately get up and sprint back to the start. Repeat this three times, this is one set. Rest 45 seconds between sets. Do three sets.<br>5 x 40m (goal line to 10m line), running every 30 seconds.                                                                                                                                                                                                  | Start in 3 Point Stance with one hand on ground. Sprint out 30m and go onto your chest; immediately get up and sprint back to the start. Rest 45 seconds between sets. Do three sets.<br>5 x 22m (goal line to 10m line), running every 20 seconds. |

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| <p>Lie prone on the half way line. On the whistle all players run backwards to the 10m line and go onto their chest; from here they sprint forwards to the far 10m and go onto their chest. They run backwards to the half way line and go onto their chests. This is one repetition. Rest for one minute. Repeat this six times.</p>                                                                                                                                                                                                                                                     | <p>Lie prone on the half way line. On the whistle all players run backwards to the 10m line and go onto their chest; from here they sprint forwards to the far 10m and go onto their chest. They run backwards to the half way line and go onto their chests. This is one repetition. Rest for one minute. Repeat this four times.</p> <p>Start prone on goal line sprint to 22m and return to goal line and go onto chest. Repeat this 6 times. This is one repetition. Rest for one minute. Repeat this four times.</p>                                                                   | <p>Start prone on goal line sprint to 22m and return to goal line and go onto chest. Repeat this 6 times. This is one repetition. Rest for one minute. Repeat this four times.</p> <p>10 – 40 drill x 6 Run every 45s</p>                                                                                                                                                                                                                                                                                              | <p>Start prone on goal line sprint to half and return to goal line and go onto chest. Repeat this 3 times. This is one repetition. Rest for one minute. Repeat this four times.</p> <p>10 – 60 drill x 4 Run every 60s</p>                                                                                                                                                                                                                                                                                             |
| <p>Lie prone on the half way line. Run backwards to the 10m line and go onto the chest; from here sprint forwards to the far 10m and go onto the chest. Run backwards to the half way line and go onto the chest. This is one repetition. Rest for one minute. Repeat this three times.</p> <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here sprint backwards to the goal line and go onto the chest. Run forwards to the 22m line and go onto the chests and sprint back to the goal. This is one repetition. Rest for 20s. Repeat this ten times.</p> | <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here sprint backwards to the goal line and go onto the chest. Run forwards to the 22m line and go onto the chests and sprint back to the goal. This is one repetition. Rest for 20s. Repeat this ten times.</p> <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here sprint backwards to the goal line and go onto the chest. Run forwards to the 22m line and go onto the chests and sprint back to the goal. This is one repetition. Rest for 20s. Repeat this ten times.</p> | <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here they sprint backwards to the goal line and go onto the chest. Run forwards to the 22m line and go onto the chest and sprint back to the goal. This is one repetition. Rest for 20s. Repeat this ten times.</p> <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here they sprint backwards to the goal line and go onto their chest. Run forwards to the 22m line and go onto the chest and sprint</p> | <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here they sprint backwards to the goal line and go onto the chest. Run forwards to the 22m line and go onto the chest and sprint back to the goal. This is one repetition. Rest for 20s. Repeat this ten times.</p> <p>Lie prone on the goal line. Run to the 5m line and go onto the chest; from here they sprint backwards to the goal line and go onto their chest. Run forwards to the 22m line and go onto the chest and sprint</p> |

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| to the goal. This is one repetition. Rest for 20s. Repeat this ten times.                                                                                                                                                                                                                                        | to the goal. Repeat This is one repetition. Rest for 40s. Repeat this five times.                                                                                                                                                                                                                                                                                                                 | back to the goal line. Sprint out to the near 10m line and go onto the chest and return. This is one repetition. Rest for 40s. Repeat this six times.                                                                                                                                                                                                                                           | back to the goal line. Sprint out to the near 10m line and go onto the chest and return. This is one repetition. Rest for 40s. Repeat this six times.                                                                                                                                                                                 |
| Lie prone on the touch line. Run to the 5m line and go onto the chest; from here sprint backwards to the touch line and go onto the chest. Run forwards to the 15m line and go onto the chest and sprint back to the touch line. Repeat three times This is one repetition. Rest for 45s. Repeat this ten times. | Lie prone on the touch line. Run to the 5m line and go onto the chest; from here sprint backwards to the touch line and go onto the chest. Run forwards to the 15m line and go onto the chest and sprint back to the touch line. Sprint to the near post and go onto the chest and sprint back to the touch line. Repeat this again. This is one repetition. Rest for 45s. Repeat this ten times. | Lie prone on the touch line. Run to the 5m line and go onto the chest; from here sprint backwards to the touch line and go onto the chest. Run forwards to the 15m line and sprint back to the touch line. Sprint to the near post and go onto the chest and sprint back to the touch line, sprint to the far post and back again. This is one repetition. Rest for 45s. Repeat this ten times. | Lie prone on the touch line. Run to the 5m line and go onto the chest; from here sprint backwards to the touch line and go onto the chest. Sprint to the near post and go onto the chest and sprint back to the touch line, sprint to the far touch line and back again. This is one repetition. Rest for 60s. Repeat this ten times. |