Running Conditioning for Team Sports:

Session 1

3 x 6

Every 30 seconds sprint 20m out and 20m back.

Rest for the remainder of the 30 seconds

Rest 3 minutes between rounds

*Find somewhere to run. It doesn’t have to be a pitch.*

*If you’re not sure about distances stride it out make your best guess*

Running Conditioning for Team Sports:

Session 2

3 x 5

60 seconds work

30 seconds rest

Rest 3 minutes between rounds

*Ideally this is done off your feet if you have a machine (Bike, Rower, Cross Trainer) at Home.*

*If not find somewhere to run it doesn’t have to be a pitch.*

*Don’t worry about distance too much*