

Schedule

2 laps (EASY) warm-up, stretch	(10 mins)
Distance running drills <ul style="list-style-type: none">▪ Hill running (sprint up, jog down) total 10 sets. Rest: 30s between each.▪ Interval training▪ As and Bs	(15 mins)
Jumping drills : continuous stair running	(10 mins)
Circuit training on-track. <ul style="list-style-type: none">▪ 30 lunges▪ 30 push-ups▪ 200m run▪ 40 crunches▪ jump ropes▪ stick drills	1 minute per activity 30s rest between stations 2-3 minute rest between circuits (25 mins)

Equipment needed: jump ropes, 20 pylons, 3-4 batons.