
Session 1: Pyramid Running

“WORK” 100m, walk 100m

Work 200m, walk 100m

Work 300m, walk 100m

Work 400m, walk 100m

Work 300m, walk 100m

Work 200m, walk 100m

Work 100m, walk 100m

Rest 3 minutes and complete a second set

* Running at an athletics track is ideal, otherwise roughly measuring as you run is fine *

Session 2: Shuttles

Mark out approx. 20m length (cricket pitch)

* Adjust this length if too easy/hard on second set *

Run up and back (approx. 40m)

Rest for 15 seconds

Complete 8x up and back runs

Rest for 3 mins

Then complete a second set