Description: BlackBg.ai

***WHITEHORSE PIONEERS RUNNING DRILLS***

**Day 1 - 10 X 100 METER SPRINTS**

* MARK OUT 100M WITH CONES
* PERFORM 10 SPRINTS AT 100% INTENSITY
* SPRINTS BEGIN EVERY MINUTE FROM THE FIRST SPRINT

EG. FIRST SPRINT TAKES 20 SECS, PLAYER HAS 40 SECS REST BEFORE STARTING THE NEXT SPRINT

**Day 2 - 4 X 100M, 3 X 200M, 2 X 400M**

* SPRINT 100M (DOWN THE GROUND) WALK BACK TO START, REPEAT 4 TIMES
* SPRINT 200M AROUND HALF THE OVAL (POST TO POST) WALK BACK TO START, REPEAT 3 TIMES
* SPRINT 400M (FULL LAP OF OVAL) WALK BACK TO START, REPEAT 2 TIMES

***MAKE SURE TO WARM UP AND COOL DOWN BEFORE SPRINT TRAINING!***

**Day3 – 3km/5km TIME TRIAL**

* PLAYERS SHOULD BE AIMING FOR BEWTWEEN 9.30 - 12 MINS FOR 3KM
* BEWTWEEN 20 - 25 MINS FOR 5KM

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