CONDITIONING PROGRAMME WEEKS 1-8

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Perform the 'Fab Four' Mobility Programme and Landing Skills Programme prior to completing this.										
Session Description	WEEKS 1-4					WEEKS 5-8				
	ON FEET SESSION OPTION									
	Reps Per Set	Sets	Recovery Between Reps	Recovery Between Sets	Distances Covered	Reps Per Set	Sets	Recovery Between Reps	Recovery Between Sets	Distances Covered
Session 1: Repeat 3min efforts (on feet) One Rep = Running on a track or a field for 3 minutes, attempting to cover as much distance as possible.	Weeks 1 & 2 3	3	1.5 minutes	2.5 minutes	Week 1 Week 2	Weeks 5 & 6 5	3	1.5 minutes	2.5 minutes	Week 1 Week 2
	Weeks 3 & 4 4				Week 3 Week 4	Weeks 7 & 8 6				Week 3 Week 4

Session Description	WEEKS 1-4					WEEKS 5-8				
	OFF FEET GYM BASED BIKE SESSION									
	Work Time (High Resistance 100RPM+	Rest Time (Low resistance easy pedalling)	Sets	Recovery between sets	Distance Covered Per Set	Work Time (High Resistance 100RPM+	Rest Time (Low resistance easy pedalling)	Sets	Recovery between sets	Distance Covered Per Set
Bike Sprint Sessions Periods of work should be viewed as all out sprint efforts. Rest periods should be used to recover to go hard again during the next rep.	10secs	10secs	3	2 minutes on feet	Set 1	20secs	40secs	4 to 5	2.5 minutes	Set 1
	20secs	20secs				30secs	30secs			Set 2
	30secs	30secs				40secs	20secs			Set 3
	60secs	60secs			Set 2	30secs	30secs			Set 4
	30secs	30secs				20secs	40secs			Set 5
	20secs	20secs				Approx. Session Time: 32-35 minutes				
	10secs	10secs			Set 3					
	Approx. Session Time: 20 minutes (6mins per set).									