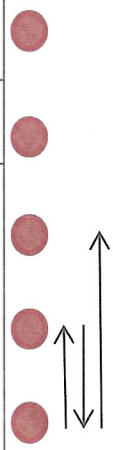
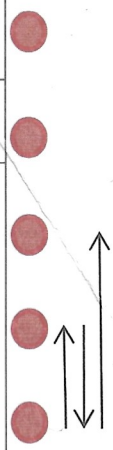
CONDITIONING PROGRAMME WEEKS 17-24

CONDITIONING PROGRAMME – WEEKS 17-24

SESSION DESCRIPTION	WEEKS 17-20					WEEKS 21-24				
	ON FEET SESSION OPTION									
	Week 17	Week 18	Week 19	Week 20	Course Diagram	Week 21	Week 22	Week 23	Week 24	Course Diagram
Repeat Acceleration Deceleration Sessions This type of session includes multiple bouts of acceleration and deceleration. The aim is to cover as much of the shuttle course as possible in the time prescribed.	A set = 6 x 15s work with 15s active rest between each.	A set = 6 x 15s work with 15s active rest between each.	A set = 10 x 15s work with 15s active rest betwe-en each.	A set = 10 x 15s work with 15s active rest betwee-n each.	Five cones required. Cones are set 5m apart. 	A set = 6 x 25s work, with 25s active rest between each	A set = 6 x 25s work, with 25s active rest between each	A set = 6 x 30s work, with 30s active rest betwe-en each	A set = 6 x 30s work, with 30s active rest betwee-n each	Five cones required. Cones are set 5m apart. 
	Perform 2 sets	Perform 3 sets	Perform 2 sets	Perform 3 sets		Perform 2 sets	Perform 3 sets	Perform 2 sets	Perform 3 sets	
	Rest 2.5 mins betwee-n sets	Rest 2.5 mins betwee-n sets	Rest 2.5 mins betwe e-n sets	Rest 2.5 mins between sets		Rest 2.5 mins between sets	Rest 2.5 mins between sets	Rest 2.5 mins betwee n sets	Rest 2.5 mins between sets	

SESSION DESCRIPTION	WEEKS 17-20					WEEKS 21-24				
	OFF FEET GYM BASED BIKE SESSION									
	Work Time High Res 100RPM +	Rest Time Low resistance easy pedalling	Sets and Reps	Recovery Between Sets	Distance Covered per Set	Work Time High Resistance 100RPM+	Rest Time Low resistance easy pedalling	Sets and Reps	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, ready to go hard again during the next rep	40 secs	20 secs	3 sets 10 reps	3 mins	Week 17 Week 18 Week 19 Week 20	30 secs	15 secs	3 sets of 10 reps	3 mins	Week 21 Week 22 Week 23 Week 24