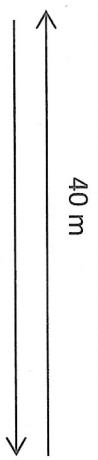
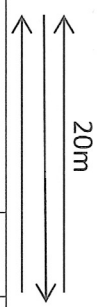
CONDITIONING PROGRAMME WEEKS 9-16

CONDITIONING PROGRAMME WEEKS 9-16										
Perform 'Fab Four' Mobility Exercises and Landing Skills Exercises prior to completing this programme										
Session Description	WEEKS 9-12					WEEKS 13-16				
	ON FEET SESSION OPTION									
	Week 9	Week 10	Week 11	Week 12	Course Diagram	Week 13	Week 14	Week 15	Week 16	Course Diagram
Repeat Sprint Sessions: This type of session involves maximal sprinting over set distances using a rolling clock. The faster you complete the sprint, the greater the recovery time you will receive.	10 x 40m sprints on a 30s running clock (a sprint departs every 30s)	12 x 40m sprints on a 30s running clock (a sprint departs every 30s)	10 x 40m sprints on a 30s running clock (a sprint departs every 30s)	12 x 40m sprints on a 30s running clock (a sprint departs every 30s)		10 x 60m (3 x 20m shuttles) on a 45 secs rolling clock	12 x 60m (3 x 20m shuttles) on a 45 secs rolling clock	10 x 60m (3 x 20m shuttles) on a 45 secs rolling clock	12 x 60m (3 x 20m shuttles) on a 45 secs rolling clock	
	Perform 2 sets	Perform 2 sets	Perform 3 sets	Perform 3 sets		Perform 2 sets	Perform 3 sets	Perform 3 sets	Perform 3 sets	
	Rest 2.5 minutes between sets	Rest 2.5 minutes between sets	Rest 2.5 mins between sets	Rest 2.5 minutes between sets		Rest 2.5 minutes between sets	Rest 2.5 minutes between sets	Rest 2.5 mins between sets	Rest 2.5 minutes between sets	
Session Description	Weeks 9-12					Weeks 13-16				
	Off Feet Gym Based Bike Session									
	Work Time (High resistance 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 to go hard again during the next rep.	45 secs	15 secs	3 sets of 8 reps	3 mins	Week 9 Week 10 Week 11 Week 12	30 secs	30 secs	3 sets of 12 reps	3 mins	Week 13 Week 14 Week 15 Week 16