MIDDLE DISTANCE  400 METRES/800 METRES/ 1500 METRES

Session 1:  Continuous

Continuous
  • 30 minutes continuous run around the oval

Session 2:  Long Interval Training

Warm up
  • 400 metres slow jog
  • 50 metres high knees lifts, kicking heels high, backward running, side steps left and right, grapevine left and right

Long Interval Training
  • 6 x 400metres at 70% MHR  Work/Rest 1:3

Cool Down
  • 400 metre slow jog
  • Static stretching – flexibility

Session 3:  Circuit

Warm up
  • 5 minutes skipping

Circuit

2 sets X 2 minutes    Work/Rest ratio 1:1

1. Hill Runs
2. Sit Ups
3. Step Ups
4. Star Jumps
5. Shuttle Runs (10m)
6. Skipping
7. Push Ups

Cool Down
  • 400metres slow jog
  • Static stretching – flexibility
Session 4:

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Training
- 10 laps (400 metre track) sprinting corners, jogging the straights

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 5: Interval Training

Warm Up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Interval training
1. Sprint 25 metres jog 75 metres
2. Sprint 25 metres jog 75 metres
3. Sprint 50 metres jog 50 metres
4. Sprint 50 metres jog 50 metres
5. Sprint 75 metres jog 25 metres
6. Sprint 75 metres jog 25 metres
7. Sprint 100 metres
8. Sprint 100 metres
9. Sprint 75 metres jog 25 metres
10. Sprint 75 metres jog 25 metres
11. Sprint 50 metres jog 50 metres
12. Sprint 50 metres jog 50 metres
13. Sprint 25 metres jog 75 metres
14. Sprint 25 metres jog 75 metres

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 6: Plyometrics

Warm Up
- 5 minutes skipping

Plyometrics- 2 sets X 2 minutes each activity
- Double leg jumps to top of terraces and back
- Step running over markers
- Spot hopping over witches hats
- Lateral hops over witches hats

Cool Down
- 400 metres slow jog
- Static stretching- flexibility
Session 7:  Continuous

Continuous 35 minute run around oval

Session 8:  Long Interval Training

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Long Interval Training
- 8 X 400metres at 80%MHR with work/rest ratio 1:3

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 9:  Long Interval Training

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Long Interval Training
- 8 X 400metres at 80%MHR with work/rest ratio 1:3

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 10: Circuit

Warm up
- 5 minutes skipping

Circuit
2 sets X 2 minutes  Work/Rest ratio 1:1

1. Hill Runs
2. Sit Ups
3. Step Ups
4. Star Jumps
5. Shuttle Runs (10m)
6. Skipping
7. Push Ups

Cool Down
- 400metres slow jog
- Static stretching – flexibility
Session 11:

Warm up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Training
- 12 Laps of 400m sprinting corners and jogging the straights

Cool Down
- 400 metres slow jog
- Static stretching- flexibility

Session 12: Interval Training

Warm Up
- 400 metres slow jog
- 50 metres high knee lifts, kicking heels high, backward running, side steps left and right, grapevine left and right.

Interval Training
1. Sprint 25 metres jog 75 metres
2. Sprint 25 metres jog 75 metres
3. Sprint 50 metres jog 50 metres
4. Sprint 50 metres jog 50 metres
5. Sprint 75 metres jog 25 metres
6. Sprint 75 metres jog 25 metres
7. Sprint 100 metres
8. Sprint 100 metres
9. Sprint 75 metres jog 25 metres
10. Sprint 75 metres jog 25 metres
11. Sprint 50 metres jog 50 metres
12. Sprint 50 metres jog 50 metres
13. Sprint 25 metres jog 75 metres
14. Sprint 25 metres jog 75 metres

Cool Down
- 400 metres slow jog
- Static stretching- flexibility