

Back to the football pitch for today's session, these sessions are an example of what I need you to do.

15 minute warm-up followed by active drills

Run 5 sides of the pitch as fast as possible, record time on watch/strava (90" rec)

Run another 3 sides of the pitch as fast as possible, record the time on watch/strava. (jog around pitch recovery)

Main Session, All efforts to be as fast as possible followed by a jog recovery

2 sets of 2 sides of pitch (2 sides jog recovery) 2 sides (2 sides jog recovery) 3 sides (3 sides jog recovery) 4 sides (4 sides jog recovery) 6 sides (4 sides jog recovery)