



HIGH  
PERFORMANCE

# STRENGTH WARM UP



## Superset #1

Thoracic Rotations x 6 reps e.s

Single leg glute bridge x 8 reps e.s

Arabesque x 6 reps e.s

## Superset #2

Banded clams x 10 reps e.s

Band pull apart x 12 reps



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# STRENGTH SESSION

**1A.** Barbell box squat **x 8,6,4,4 reps**

**1B.** DB vertical leap **x 4 reps (POWER!)**

**2A.** DB single arm chest press **x 8,6,6 reps e.s**

**2B.** Single arm med ball throw **x 4 reps e.s (POWER!)**

**3.** Barbell Romanian Deadlift **x 8,6,6 reps**

**4.** Pull ups **3 x Max reps**

**5.** DB strict step up **8,6,6 reps e.s**

**6.** Torsionator rotations **x 8,8,6 reps e.s**

**7A.** DB standing bicep curl **x 12,12,10 reps**

**7B.** Cable rope tricep extension **x 12,12,10 reps**

**7C.** Pallof press **x 10,8,8 reps e.s**

\*e.s = each side



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# RUNNING WARM UP



- 1. Jog x 2 mins**
- 2. Lunge & stretch x 6 e.s**
- 3. Leg swing to arabesque x 6 e.s**
- 4. Open & close the gate x 6 each direction**
- 5. Inchworms x 5**
- 6. A-Skip 2 x 20m**
- 7. 40m run throughs building to 90% x 4**
- 8. 3-point start x 3**



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# RUNNING CONDITIONING

1. 50m **SPRINT** on 50 secs x 5
2. 400m **RUN** @ 70%
3. 90 sec **REST**
4. 40m **SPRINT** on 40 secs x 5
5. 400m **RUN** @ 70%
6. 90 sec **REST**
7. 30m **SPRINT** on 30 secs x 5
8. 400m **RUN** @ 70%
9. 90 sec **REST**
10. 20m **SPRINT** on 20 secs x 5
11. 400m **RUN** @70%





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# SKILLS CONDITIONING



1. 20m stationary kicks x 20
2. 30m pull back & kick x 20
3. 40m short lead & mark x 15
4. Rest 60 secs
5. 30-50m full ground kick (random) x 10 kicks
6. Rest 60 secs
7. 30-50m full ground kick (random) x 10 kicks
8. Rest 60 secs
9. Repeat ground balls x 10

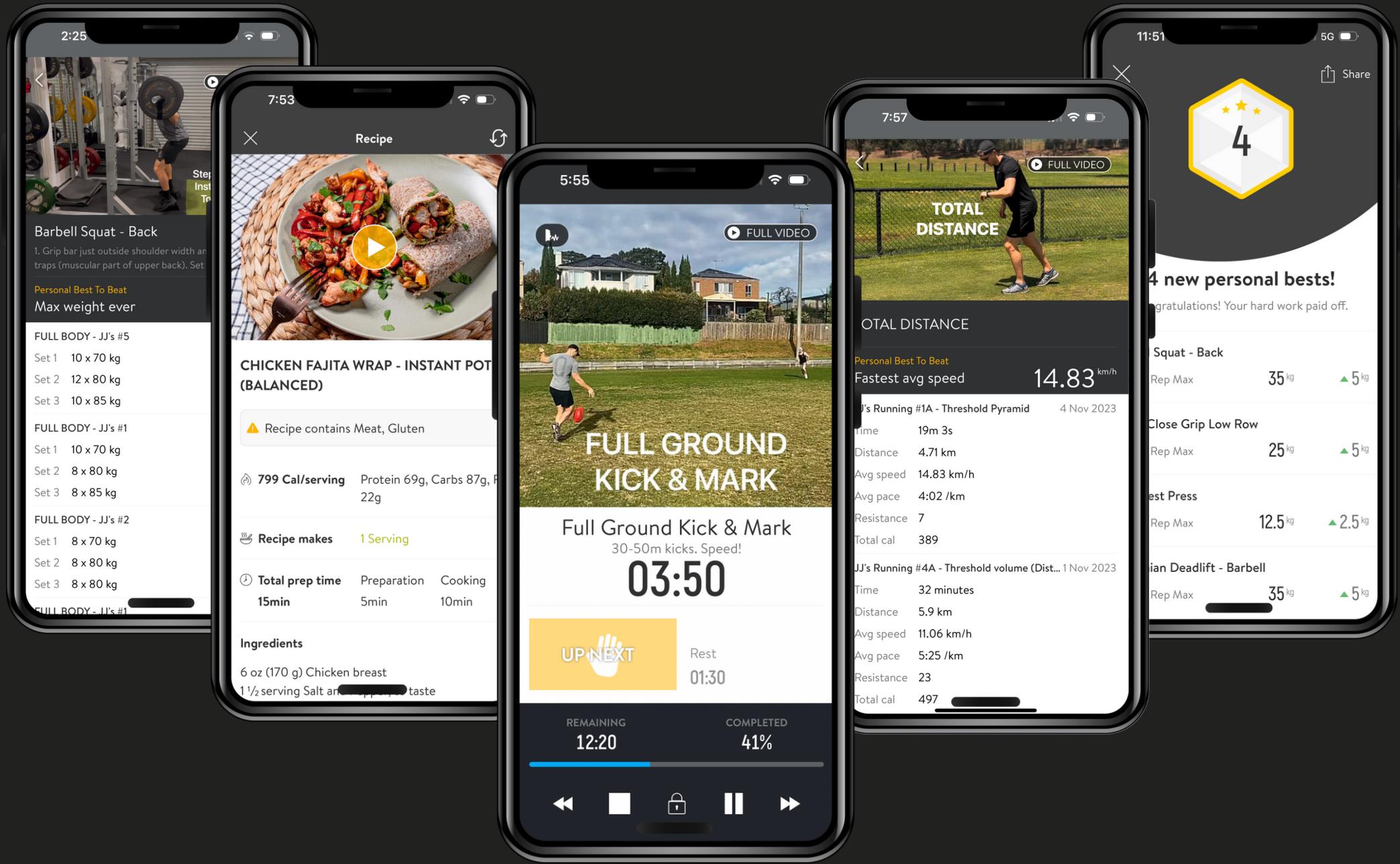


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# EXERCISE GLOSSARY



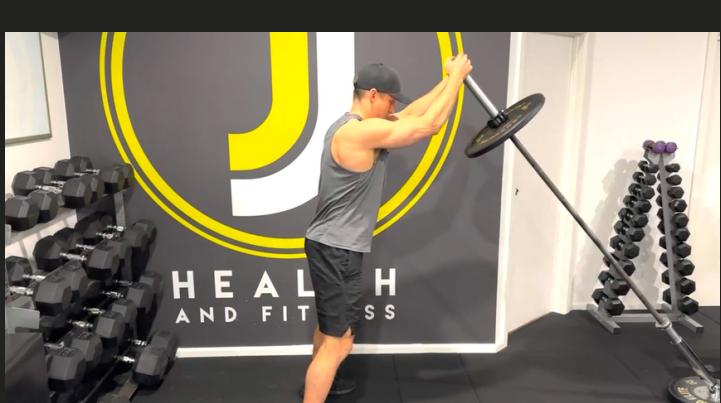
**Thoracic Rotations**



**Arabesque**



**Banded Clams**



**Torsonator Rotations**



**Lunge & Stretch**



**Open & Close the Gate**



**Inchworms**