



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

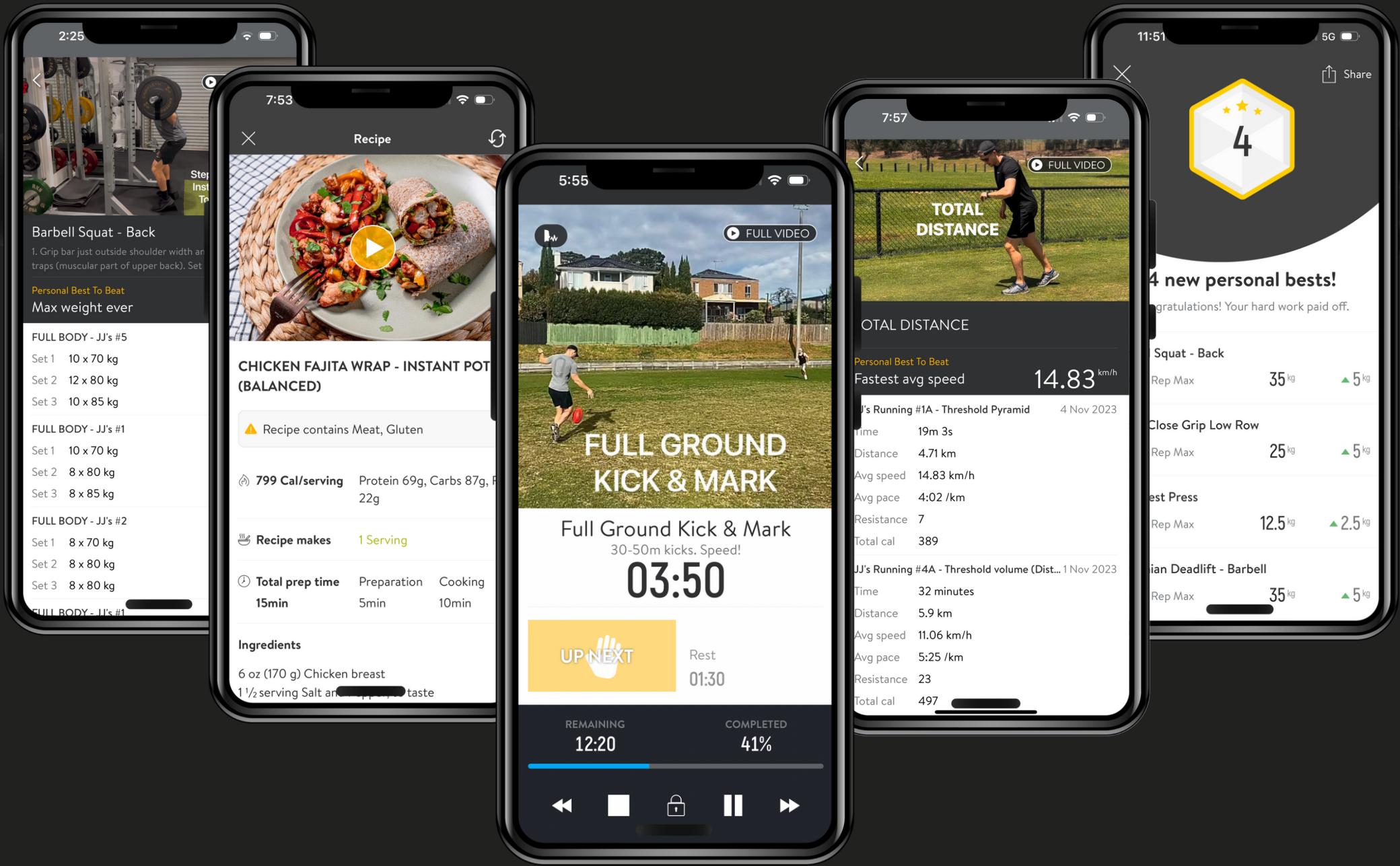


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EXERCISE GLOSSARY



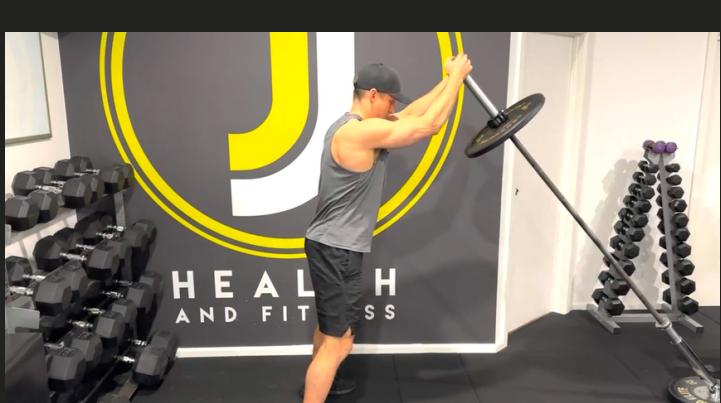
Thoracic Rotations



Arabesque



Banded Clams



Torsonator Rotations



Lunge & Stretch



Open & Close the Gate



Inchworms