

# 14s RUNNING SCHEDULE

Day	Sets	Work Time	Rest Time	Pace	Other
Monday	2	6 mins	4 mins	50-60% intensity	Tempo Run
	6	30 secs	30 secs	<80% intensity	Interval Run
Tuesday	1	20 mins	-	40-50% intensity	~ 4 - 5km
Wednesday	OFF				
Thursday	3	4 mins	3 mins	60 - 70% intensity	Tempo Run
	6	30 secs	30 secs	<80% intensity	Interval Run
Friday	1	20 mins	-	40 - 50% intensity	~4 - 5km
Saturday	OFF				
Sunday	OFF				
Monday	2	6 mins	4 mins	50-60% intensity	Tempo Run
	6	30 secs	30 secs	<80% intensity	Interval Run
Tuesday	1	30 mins	-	40-50% intensity	~4 - 5km
Wednesday	OFF				
Thursday	3	4 mins	3 mins	60 - 70% intensity	Tempo Run
	6	30 secs	30 secs	<80% intensity	Interval Run
Friday	1	30 mins	-	40 - 50% intensity	~4 - 5km
Saturday	OFF				
Sunday	OFF				

<b>Body Weight Exercise - Lower Body      3-4 times per week</b>					
Exercise	Sets	Reps	Weight	Rest	Other
Split Squat	2-3	8-10 x 2	BW		
Side Lunge	2-3	8-10 x 2	BW		Perform 8-10 each side
Curtsy Lunge	2-3	8-10 x 2	BW	60-90 secs	Perform 8-10 each side
Squat Jump	2-3	5	BW		Stick the Landing
Sideways Bounding	2-3	5 x 2	BW		Stick the Landing
Arabesque	2-3	6-8 x 2	BW	60-90 secs	Perform 6-8 each side
Single Leg Calf Raise	2-3	15 x 2	BW		
Reverse Nordic Curl	2-3	5	BW		
Single Leg Glute Bridge	2-3	6 - 8 x 2	BW	60-90 secs	1 Up, 1 Down
Single Leg Step Up	2-3	8 - 10 x 2	BW		Use chair/elevated surface
Single Leg Step Down	2-3	8 - 10 x 2	BW		Use chair/elevated surface
Adductor Bridge	2-3	10 - 20 secs	BW	60-90 secs	Use chair to support leg

<b>Upper Body and Core – 3-4 times per week</b>					
Exercise	Sets	Reps	Weight	Rest	Other
Plank Shoulder Taps	2-3	10 x 2	BW		
Plank to Pushup	2-3	5 x 2	BW		
Pushups	2-3	10	BW	60-90 secs	
Dead Bug	2-3	10 x 2	BW		
Russian Twists	2-3	10 x 2	BW		
Flutter Kicks	2-3	20 x 2	BW	60-90 secs	
Side Plank Leg Raise	2-3	10 x 2	BW		
Side Plank Reach Through	2-3	5 x 2	BW		
Side Plank Pulses	2-3	15 x 2	BW	60-90 secs	
Bird Dog	2-3	5 x 2	BW		
Inchworm	2-3	5	BW		
Sideways Bearwalk	2-3	5 x 2	BW	60-90 secs	5 'walks' each way

## Running with The Ball Exercise

Exercise	Description
Directional Dribbling	Set up 6 - 10 cones in a 'zig zag' shape and dribble around the outside of each cone.
Dribbling with Change of Direction	Dribble up to cone and perform a change of direction turn (inside foot, outside foot, backheel, etc).
Passing against a Wall	Pass against the wall using different variations (1 touch, 2 touch, strong foot, weak foot, taking a directional touch, etc.)
Running with the Ball	Dribble with the ball as fast as you can over different distances (10 metres, 20 metres, 30 metres, 40 metres, 50 metres).

Exercise	Description
Skill Moves	Perform several repetitions of different skill moves (stepovers, crossover, dragback, rollover, etc.)
Dribbling through Cones	Set up 6 - 10 cones in a row and dribble in and out of the cones using different variations (left foot, right foot, insteps, outsteps)
Juggling	Use different variations to juggle the balls (strong foot, weak foot, head juggles, two touches with each foot, etc.)
5 Cone Dribbling	Setup cones in a small square with one cone in the middle of the square and dribble in and out of the square using different variations (left foot, right foot, alternating feet, etc).