Christmas Break Running Program

Sessions will take around 25 - 30 minutes to complete.

Week 1:

Warm up (low & high knee skips, SLRDL + swing 10m, lunge twist 10m, karaoke then accelerate both sides, personals)

Tempos: 10 reps, 60m run with a 20m shuttle, leaving every 30 seconds, backs get it in 12 seconds forwards 13 seconds. (Cones on the try line and both 20m lines)

Broncos: 2 x bronco double, each set finished in 2 minutes, 2-minute rest in between sets. (Cones on the try line 20m, 40m, and 60m line)

Week 2

Warm up: same as week 1

Tempos: same

Broncos: same but add a bronco single at the end