

## Option 1 – Match-related running session

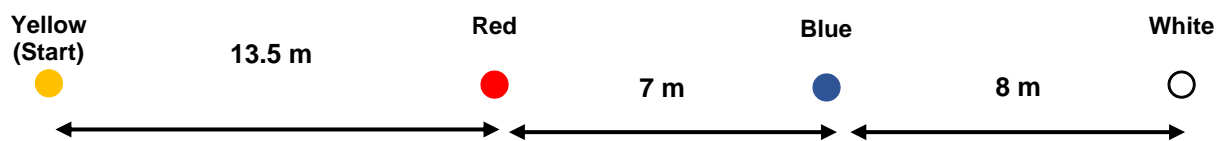
### STEP 1

Download the audio file from SoundCloud (<https://soundcloud.com/user745566416/rugby-specific-high-intensity-interval-training>)



### STEP 2

Set up four markers with the following distances between each, either measuring them or simply just pace them out estimating the distances.



### STEP 3

Do a 5-10 min warm-up that includes gentle jogging (2-3 min), some stretches (2 min) and then 3-5 hard runs over 20 m (6 min).

### STEP 4

Play the audio file and follow the instructions to control your movement speed between the coloured markers.

Starting at the yellow cone:

- Sprint to BLUE cone and then decelerate to WHITE and turn
- Sprint to BLUE, drop to chest, roll on back, roll back to front, and then stand up (**Note: For increasing intensity perform TWO burpees after rolling back to front**)
- Jog to YELLOW and turn
- Jog to RED and turn
- Walk to YELLOW and turn
- Sprint to BLUE cone and then decelerate to WHITE and turn
- Sprint to BLUE and hit the floor
- Jog to YELLOW and turn
- Walk to RED and turn
- Walk to YELLOW
- Rest at YELLOW\*
- Jog to RED and turn
- Walk to YELLOW
- Rest at YELLOW\*

*\*Remember to drink fluids at rest points, as and when you feel thirsty.*

The above cycle is then repeated **12 times** to replicate 23 min of match-related activity. On completion have 5 minutes recovery and then repeat the above again for a further 23 min.

### STEP 5

Do a 5-10 min cool-down, remembering to take on fluids and re-fuel accordingly.