

## Option 2 – Match-related running session with intensified period

### STEP 1

Download the audio file from SoundCloud ([ADD LINK](#))



### 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:

Period 1 NORMAL (5 min 45 s)	Period 2 INTENSE (5 min 45 s)	Period 3 NORMAL (5 min 45 s)	Period 4 NORMAL (5 min 45 s)
<p><b>BLOCK 1</b></p> <ul style="list-style-type: none"> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>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)</li> <li>Jog to YELLOW and turn</li> <li>Jog to RED and turn</li> <li>Walk to YELLOW and turn</li> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>Sprint to BLUE and hit the floor</li> <li>Jog to YELLOW and turn</li> <li>Walk to RED and turn</li> <li>Walk to YELLOW</li> <li>Rest at YELLOW*</li> <li>Jog to RED and turn</li> <li>Walk to YELLOW</li> <li>Rest at YELLOW*</li> </ul> <p>REPEAT ABOVE BLOCK AGAIN x2</p>	<p>2 x BLOCK 1</p> <p>THEN:</p> <ul style="list-style-type: none"> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>Sprint to BLUE, drop to chest, roll on back, roll back to front, and then stand up (2 x Burpees)</li> <li>Jog to YELLOW and turn</li> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>Sprint to BLUE, drop to chest, roll on back, roll back to front, and then stand up (2 x Burpees)</li> <li>Jog to YELLOW</li> <li>Rest at YELLOW</li> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>Sprint to BLUE, drop to chest, roll on back, roll back to front, and then stand up (2 x Burpees)</li> <li>Jog to YELLOW and turn</li> <li>Sprint to BLUE cone and then decelerate to WHITE and turn</li> <li>Sprint to BLUE, drop to chest, roll on back, roll back to front, and then stand up (2 x Burpees)</li> <li>Jog to YELLOW</li> </ul>	<p>Same as Period 1</p>	<p>Same as Period 1</p>

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

### STEP 5

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