



Team BWS

Speed Endurance and Body Weight HIIT Programme

With all sessions do the following warm up drills. These must be done with real precision. Be very particular so that you work on good technique. All drills should be done over 20 metres and they should all be done three times.

- Drill 1 – Walking heel toes. With straight legs walk forward and go from heel to toe.
- Drill 2 – Walking heel toes. With bent front leg, really exaggerate the front leg knee lift.
- Drill 3 – High Knees
- Drill 4 – Hell Flicks
- Drill 5 – Grabs
- Drill 6 – Skips

Drills are one of the most important parts to running fast.
DO THEM PROPERLY!!!! DON'T FORGET YOUR ARMS!!!

Week 1 + 6 + 11

Session 1: Back to backs - (150m x 150m x 150m) x3.

You will have 4 minutes recovery between the 1st and 2nd set and 8 minutes recovery between 2nd and 3rd set. Recovery should be a walk, you will have 15 seconds to get ready for the next.

Session 2: Fartlek- Done over 2 miles.

Use lamp posts and post boxes, but approx 50m jog 75m sprint 25 m walk.

Session 3: Interval Sprints- 3 x (20m, 30m, 40m, 50m) Sprint out and walk back.

Week 2 + 7 + 8 + 12

Session 4: 2 mile run. As fast as possible. Time it.

Session 5: Sprints - 10 x 100m.

Jog back recovery. This will be a hard session if done properly.

Session 6: Pyramids 'up then down' 80m,100m,150m,200m,150m,100m,80m.

After every interval it is walk back recovery, so do 80m then walk back 80m and so on.

Week 3 + 8 + 9 + 13

Session 7: Run ins and speed variation over 150m x 6.

Jog 30m building up to flat out by the time you reach 50m to go and maintain sprint for 50m then drop down to approx 80% over next 30m and then last 20m is flat out again.
Walk back recovery.

Session 8: Intervals - 60m x 10 walk back recovery. This should be done from lying down on your fronts.

Session 9: 2 mile run timed

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Week 4 + 9 + 14

Session 10: Short sprints. (20m,30m,40m,50m) x 6.

Each set should have a jog back between each sprint. You will need to mark out the distances. Between each set you should have 3 minutes rest.

Session 11: Kick and run.

Get a rugby ball and kick the ball and chase after it. You will only do 1 minute but 10 times. You have 2 minutes rest in between each minute of work. When you kick the ball it must be far enough so that you have to work hard to get to it before it stops rolling. To

make it even better practise falling on the ball as if you were in a game ie going down to scoop it up.

Session 12: 2 mile run timed

Week 5 + 10 + 15

Active Rest

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CHART

Bodyweight Exercises

BY NEILA REY @ neilarey.com

abs

quads

glutes

triceps

biceps

back

chest

 sit-ups	 lunges	 squats	 close grip push-ups	 leg curls	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 chin-ups	 elbow lifts	 plank rotations
 bicycle crunches	 turning kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 star plank	 shoulder press
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 mountain climbers	 side planks	 bird dogs	 plank with leg lift	 plank with arm lift	 plank with hip lift	 plank with shoulder tap

How it works:

1. Download a **Tabata App** to your phone OR use a stop watch.
2. Use the exercises to make a circuit, these are a guide, there are lots more.
3. Pick 4 exercises; legs, arms, trunk x2 e.g.
 - Legs: Lunges
 - Trunk: Sit-Ups
 - Arms: Chin Ups
 - Trunk: Plank rotation
4. Complete a circuit, 3 times through (**this will take 12 minutes**)
5. Pick how hard you want it;
 - **Easy:** 30s work 30s rest
 - **Medium:** 40s work 20s rest
 - **Hard:** 50s work 10s rest
6. Try and do it every day, pick different exercises and see how you improve.
7. Test yourself at the end of each week and record the result.

Tests to failure:

Arms:

1 press up = full arm extension down to nose touching the floor.

Legs:

1 squat = straight legs to 90 degree leg bend.

Abdominals:

1 sit up = knees bent, no weight on feet. Shoulders blades on floor up to elbows touching knees.

Back:

1 pull up = straight arms to chin above bar.

Resilience Respect Discipline



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REMEMBER PERFECT POSTURE:

Back straight,
Shoulder blades back,
Chest out,
Head up,
Core engaged (tense your tummy, suck your belly button in)

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