

Strength and Sprints

W/U

5 mins rower HRZ3

M/S

12 x up right row

12 x bent over row

12 x single arm dumb bell row

300m row HRZ4 +30

200m row HRZ5 +30

Repeat x 3 increase weight each time.

12 x Squats

12 x Box jumps

12 x single leg squats rear leg on a raised box.

2mins treadmill sprint+30

1min treadmill sprint

Repeat x 3 increased weight.

12 x bicep curls

20 x Tri Press

3mins Static Bike sprints +30

2mins bike sprint

Repeat x 3

20min HRZ3 run

Cool down with stretches