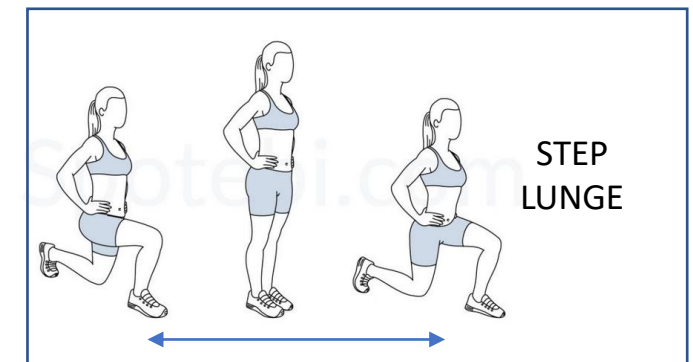
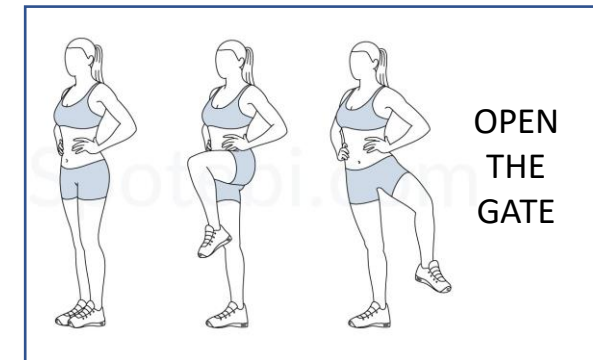
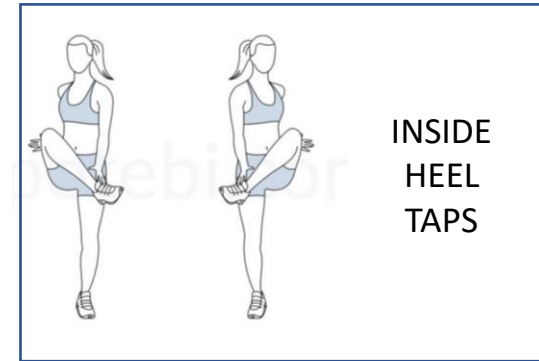


Abingdon AC SDS WARM UP Drills

- 1/ Monster band walk 20m x 2 [SEE NEXT SLIDE]
- 2a/ Frog band walk 20m Left Leg Leading [SEE NEXT SLIDE]
- 2b/ Frog band walk 20m Right Leg Leading [SEE NEXT SLIDE]
- 3/ Low Skip 30m
- 4/ High skip 30m
- 5/ Inside heel tap 30m
- 6/ Outside heel tap 30m
- 7/ High knee's 30m
- 8/ Straight Leg kick and clap hands under leg 30m
- 9 / High Knee up and to the side [Open the gate] 30m
- 10/ High knee to the side then bring back in front [close the gate] 30m
- 11/ Forward Step lunge [keep knee above ankle] 20m
- 12/ Backward Step lunge [keep knee above ankle] 20m
- 13/ Hamstring stretch walk 20m [alternate legs]
- 14/ 2/3 runs of 50m slow build up each finishing faster so 65% - 75% -95%
- 15/ **PLEASE WEAR WARM LAYERS AND STAY WARM**





WALKS OVER 20M
[4 X 20M]

FROG WALK

[MOVE SLOWLY WITH BAND UNDER TENSION
TRAVELLING SIDEWAYS]



MONSTER WALK

[MOVE SLOWLY WITH BAND UNDER MAX TENSION]



SIDE CLAMS

[HOLD TENSION FOR THE COUNT OF TEN]

BOTH CLAMS AND LEG LIFTS
[10 OF EACH]



STRAIGHT LEG LIFTS

[HOLD TENSION FOR THE COUNT OF TEN]

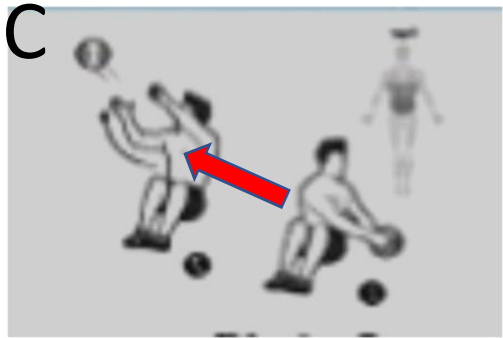
Abingdon AC SDS Home Exercise's



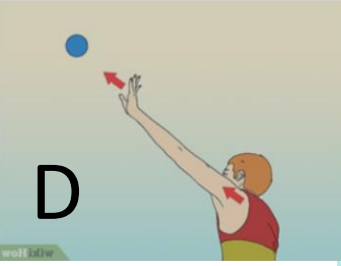
SIT UP AND THROW
[THROW FROM BEHIDE THE HEAD]



RUSSIAN TWIST LEFT & RIGHT
[TOUCH BALL ON FLOOR KEEP FEET OF THE GROUND]



SEATED THROW LEFT AND RIGHT
[STRAIGHT ARM'S]



KNEELING THROW SINGLE ARM LEFT & RIGHT
[PUSH FROM BEHIDE YOUR HEAD]



OVERHEAD SLAM
[ON HARD FLOOR/GROUND]

**ALL
MOVEMENTS
X 10
INCLUDING
LEFT AND
RIGHT

ABOVE IS
ONE SET**



LEG RAISE AND BRIDGE

[BACKSIDE OFF THE GROUND HEAL
OF ONE FOOT ON THE MED BALL]



OVER HEAD TO SQUAT LEFT & RIGHT

[KEEP A STRAIGHT BACK BEND AT KNEE'S]

**PERFORM ALL
MOVEMENTS
X 10
INCLUDING
LEFT AND
RIGHT**



LUNGE AND PASS UNDER LEG LEFT AND RIGHT

[KEEP A STRAIGHT BACK LOOKING UP]

**ABOVE IS ONE
SET**



MED BALL V SIT UP

[USE MEDBALL AS A COUNTER WEIGHT AS YOU SIT UP]



OVER HEAD MED BALL PUSH

[LOOK FORWARDS AND STAND TALL]

PERFORM ALL MOVEMENTS

X 10

**INCLUDING
LEFT AND RIGHT**

ABOVE IS ONE SET



MED BALL AND FEET BRIDGE

[RAISE MED BALL AND FEET OFF OF THE GROUND]



MED BALL SQUAT

[HOLD MB TO CHEST LOOK UP AND USE OTHER LEG AS
BALANCE WEIGHT]



PARTNER LEG RAISE
[PARTNER PUSHES LEGS AWAY BUT
HEELS ARE NOT ALLOWED TO
TOUCH THE GROUND]

ALL MOVEMENTS 10 OF EACH

ABOVE IS ONE SET



BURPEES
[KEEP BOTH LEGS TOGETHER AND
JUMP AS HIGH AS YOU CAN]

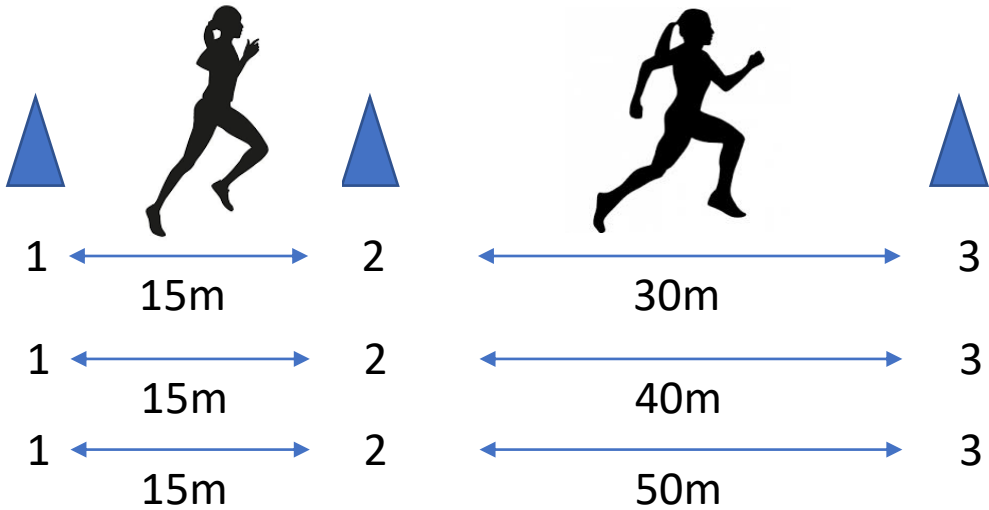


TITANIC LEG LEANS
[HANDS BEHIDE BACK LOOK UP]

**HOLD LEAN FOR 20 SECONDS REST 20 SECONDS
X 3 EQUALS ONE SET**

Abingdon AC SDS GRASS RUNNING SESSIONS

Please do the session on grass in flats and please do not go for long slow run's they will affect your top speed



PURE SPEED SESSION'S FOR EACH DISTANCE = 1 SET

STANDING START AT CONE 1

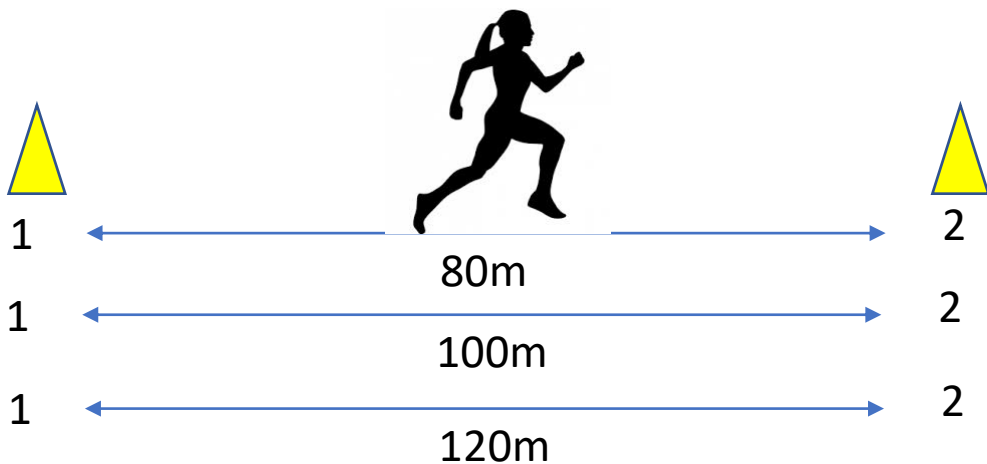
JOG TO CONE 2

100% FLAT OUT CONE 3

YOU **MUST** REST 5 / 6 MINUTES BETWEEN EACH RUN

REPEAT ABOVE TOTAL 3 TIMES

DO NOT DO BOTH SESSIONS ON THE SAME DAY AND KEEP 1 DAY BETWEEN EACH SESSION



ENDURANCE SPEED SESSION'S FOR EACH DISTANCE = 1 SET

STANDING START AT CONE 1

90 % [RELAXED FAST YOU THINK I COULD JUST GO A BIT QUICKER] TO CONE 2

YOU **MUST** REST 7 / 8 MINUTES BETWEEN EACH RUN

REPEAT ABOVE TOTAL 2 TIMES