



FREE RESOURCE | ATHLETE SUPPORT

ST Performance Running Drill Master

Every drill in the bank by category, with a field diagram, instructions and default work to rest.

The companion to the [Programmer](#), the [Conditioning Tool](#) and the [Running Drill Viewer](#). Build the programme, watch each drill run on the field, then send a session to a player as a link.

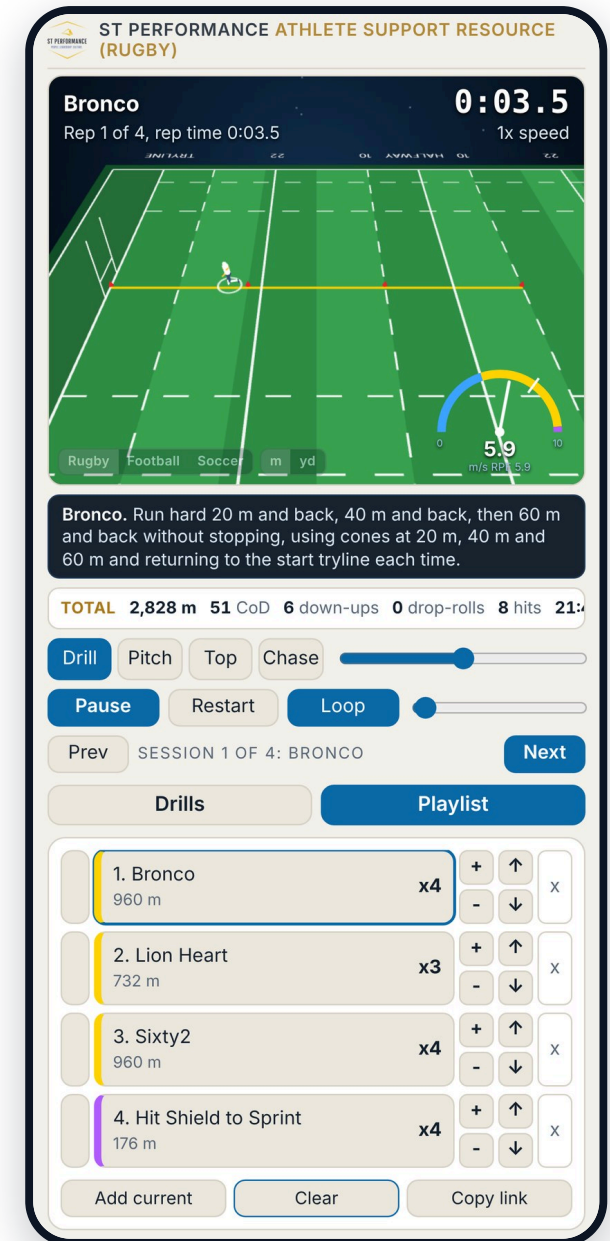
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Programming and prescription with Simon Thomas

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117 drills | 9 categories | October 2026



The Running Drill Viewer, playing a session on a phone

How the drills are organised

Drills are grouped into categories by length and content. Each category relates mainly to one energy system. Each drill takes the system it is mostly used for, which can sit one step either side of its category. The system sets the default work to rest and effort. Change the work to rest or the effort and the same drill trains a different system.

ENERGY SYSTEM	PURPOSE	EFFORT	WORK TO REST
Speed	Development: maximal speed with full recovery between reps	RPE 10	1:4
Repeated speed	Fatigue builds between sprints with minimal rest	RPE 10	2:1 or 1:1
Anaerobic	Hard work with short rest, fatigue builds round by round	RPE 9	3:1 or 2:1
Mixed fuel	Even work and rest, both aerobic and anaerobic systems	RPE 7.5	1:1
Aerobic power	Longer work with short rest at moderate effort	RPE 7	3:1 or 2:1
Aerobic recovery	Easy work with long rest to recover and move blood	RPE 4	1:2 or 1:3

Work to rest is shown as work:rest. 2:1 means two seconds of work for each second of rest. 1:4 means four seconds of rest for each second of work. RPE is the effort out of 10.

CATEGORY	MAIN SYSTEM	DEFAULT WORK TO REST	DRILLS	WHAT IT COVERS
Volume running	Aerobic power	3:1 or 2:1	15	Longer shuttles and out-and-backs run continuously. They build the repeatable work capacity that holds up across a game.
Functional running	Mixed fuel	1:1	14	Game-shaped running with turns, down-ups and mixed paces. Work and rest are close to even.
High speed	Speed	1:4	14	Maximal and near-maximal straight running, builds and flying runs. Full recovery so every rep is fast.
Repeated speed	Repeated speed	2:1 or 1:1	15	Repeated sprints with short rest. The point is to keep speed as fatigue builds.
Agility and acceleration	Speed	1:4	13	Acceleration, cutting and change of direction over short distances, run fast and fresh.
Curve Zag Swerve	Repeated speed	2:1 or 1:1	10	Curve, zag and swerve patterns at speed. Short, sharp efforts that build up fatigue.
Contact fitness	Anaerobic	3:1 or 2:1	15	Fitness drills that add ground work, exercises and contact skills to running. Hard work, short rest.
MAS and aerobic	Aerobic power	3:1 or 2:1	10	Maximal aerobic speed and continuous aerobic running. Work is longer than rest at moderate to hard effort.
ST templates	Mixed fuel	1:1	11	ST Performance combinations of crawls, rolls and strength exercises with sprints and shuttles. Work and rest are close to even.

Key to the diagrams

LINES (HOW YOU MOVE)

-  **Sprint**
100% effort, RPE 10 (10 m/s)
-  **Run hard**
Set by the effort for the drill, default 70% (7 m/s)
-  **Run steady**
60% effort, a little easier than run hard (6 m/s)
-  **Jog**
50% effort (5 m/s), counts toward working distance
-  **Walk**
40% effort (4 m/s), recovery only, not counted in working distance
-  **Crawl**
Bear crawl, counts toward working distance
-  **Sled push**
Drive the sled in front of you
-  **Sled sprint**
Pull the sled behind you
-  **Hollow arrowhead**
Moving backwards, facing the way you came from

MARKERS (WHAT YOU DO AT A SPOT)

-  **Start**
Where the drill begins
-  **Finish**
Where the drill ends
-  **Down-up**
Drop to your chest and get back up fast
-  **Roll**
Drop to your chest, roll to the side, then get up and go
-  **Exercise**
Press-ups, squats, squat jumps, burpees, hit shield or wrestle, as named in the steps
-  **Rest**
Stop and rest for the time shown in the steps
-  **Sled**
Sits on the line where the sled is pushed or dragged

THE FIELD

The field runs left to right, 100 m between the trylines, with the in-goal areas shaded at each end. Arrows and markers are spread apart so they can be read. You still run the same line unless the steps say otherwise. Solid lines are the trylines, the 22 m lines and halfway. Dotted lines are 5 m and 15 m in from each touchline and 5 m in from each tryline. Faint lines are every 10 m. The markings along the bottom match the visualiser field: TRYLINE, 22, 10, HALFWAY, 10, 22, TRYLINE. Working distance counts everything you run, jog, sprint, push, drag or crawl, including sled work. It leaves out walking and shield-hit drives.

EFFORT AND SPEED

Effort is a percentage of the player's top speed. 100% is RPE 10. By default top speed is 10 m/s, so 70% is RPE 7 and 7 m/s. If a different top speed is entered, the percentages and RPE stay the same and only the m/s changes.

Sprint rule: nobody sprints at 100% for more than 60 m in a row without a rest or an easier piece (run hard, jog or walk) before the next sprint. Longer drills sprint up to 60 m and then run hard.

Volume running		High speed		Agility and acceleration			
Bronco	5	Dagger	21	Chest-Start 22	36	Run and Hit Shield 40	51
22 Bronco	5	Accelerators	21	45 Degree Cut	36	Hit Shield to Standing Wrestle	51
Broken Bronco	6	150s	22	Slalom Run 22m	37	Hit, Down-Up, Sprint	52
Lion Heart	6	Flying 30s	22	10m Acceleration	37	Backpedal to Hit Shield	52
Sixty2	7	Flying 40s	23	30m Acceleration	38	Kneeling Wrestle to Run 40	53
200s and 100s	7	Sprint Float Sprint	23	Jog-in Acceleration 20	38	Hit Shield to Sprint 60	53
Coathanger	8	80s	24	90 Degree Cut	39	Run and Hit Shield 80	54
Far 40 and 22 Shuttle	8	Full Length 100	24	Pro Agility 5-10-5	39	Double Wrestle Run 60	54
3-2-1	9	Sled Sprint 22m	25	Down-Up Cut	40	Wrestle, Down-Up, Sprint	55
Descending Ladder	10	Sled Sprint 30m	25	Sled Push 10m	40		
Bucking Bronco	10	Sled Sprint 40m	26	Sled Push Contrast 10m	41	MAS and aerobic	
22m Repeats	11	Sled Sprint 60m	26	Weave and Go	41	Goodwins Rectangle	56
Yo-Yo Shuttle	11	Sled Sprint Contrast 22m	27	Box Pattern	42	MAS 15:15	56
150 Shuttles	12	Sled Sprint Contrast 40m	27			Touchline Tempo Lap	57
300 Shuttle	12					MAS 10:10	57
						MAS 15:15 Full Length	58
Functional running		Repeated speed		Curve Zag Swerve		MAS 30:30	58
80-60-40	13	44s	28	Single Curve In	43	Tempo 200s	59
The Gill	14	88s	28	Single Curve Across	43	Width Tempo 60s	59
Mini Gill	14	Repeat 50s	29	Banana Run	44	Diagonal Tempo	60
Warrior	15	Repeat 100s	29	S-Curve	44	1 km Repeat	60
Malcolms	15	Ladder Sprints	30	Double S	45		
Titanium	16	Repeat 30s	30	Swerve Around 50	45	ST templates	
Franko	16	Triple 11s	31	Double Swerve	46	Broken Pony	61
Scuttler	17	Pyramid Repeats	31	Swerve and Accelerate	46	Burpee Sprint 22	61
22m Down-Ups	17	100/60/20	32	Zig-Zag 22s	47	Squat Jump Sprint 22	62
Sprint and Roll 22	18	Build-Ups	32	Zig-Zag Wide Sprint	47	Press-Up Sprint 22	62
Anaerobic Builder	18	Repeat Sprints: Short	33			Drop-and-Roll Alternating	63
150 Down-Ups	19	Repeat Sprints: Medium	33	Contact fitness		Double Roll Out and Back	63
10/20/30 Block	19	100/200 Drill	34	Kneeling Wrestle to Sprint	48	Bear Crawl 5-10 Pyramid	64
Malcolms with Sprint	20	50s Jog-Through	34	Standing Wrestle to Shuttle	48	Backpedal 22 and Sprint	64
		10-20-30s	35	Hit, Run, Down-Up, Hit	49	Down-Up Bear Crawl	65
				Hit Shield to Sprint	49	Press-Up Bear Crawl	65
				Sprint to Hit Shield Finish	50	Burpee Shuttle 10	66
				Wrestle Start and Finish	50		

Volume running

Longer shuttles and out-and-backs run continuously. They build the repeatable work capacity that holds up across a game.

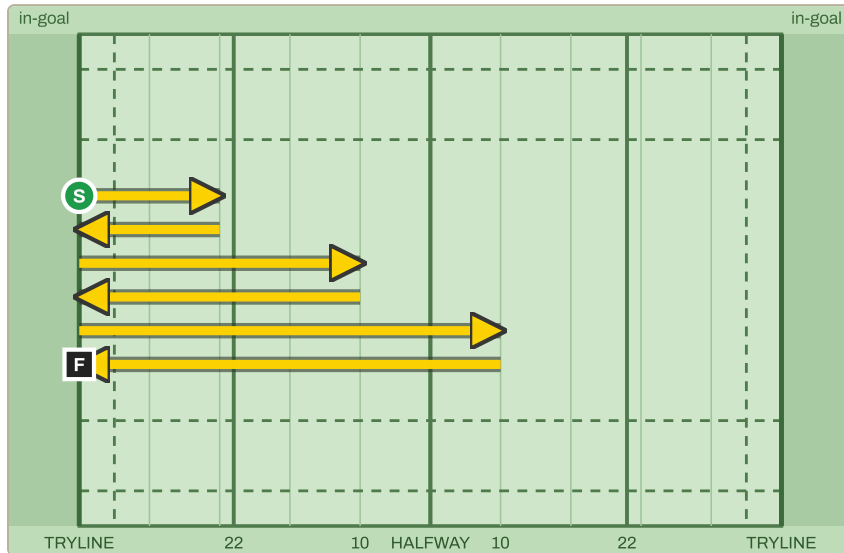
Aerobic power

Default work to rest **3:1 or 2:1**, RPE 7

Bronco

Mixed fuel

Contents



Run hard 20 m and back, 40 m and back, then 60 m and back without stopping, using cones at 20 m, 40 m and 60 m and returning to the start tryline each time.

STEP BY STEP

1. Run hard 20 m to the near 22 m line
2. Run hard 20 m to the near tryline
3. Run hard 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Run hard 60 m to the 60 m mark
6. Run hard 60 m to the near tryline

240 m working distance per rep, 1,200 m in 5 reps **5** reps (up to 8) **5** changes of direction per rep

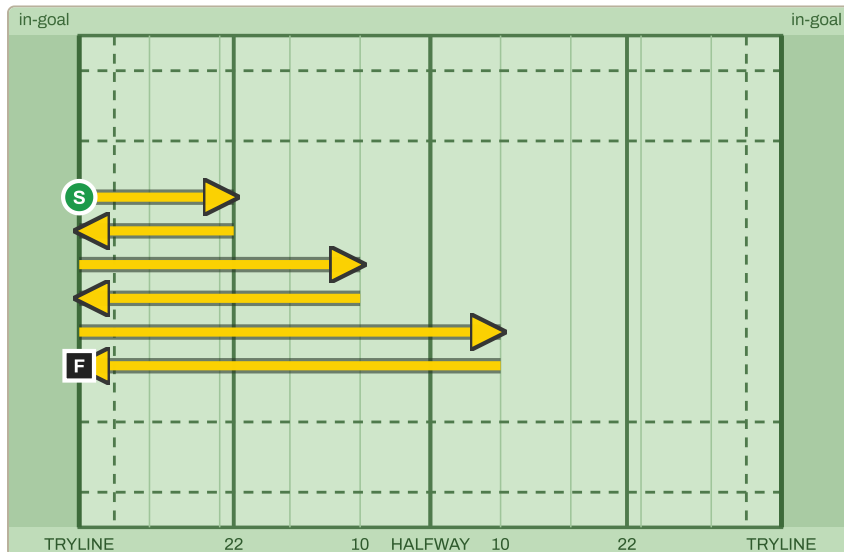
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

22 Bronco

Mixed fuel

Contents



Run hard to the 22 m line and back, 40 m and back, then 60 m and back without stopping, using the 22 m line in place of a cone at 20 m and returning to the start tryline each time.

STEP BY STEP

1. Run hard 22 m to the near 22 m line
2. Run hard 22 m to the near tryline
3. Run hard 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Run hard 60 m to the 60 m mark
6. Run hard 60 m to the near tryline

244 m working distance per rep, 1,220 m in 5 reps **5** reps (up to 8) **5** changes of direction per rep

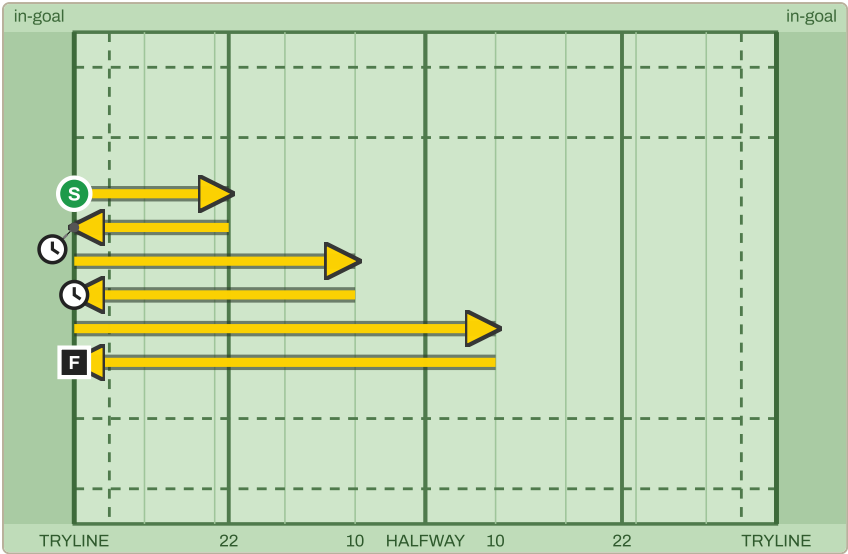
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Broken Bronco

Mixed fuel

Contents



Run hard 22 m and back, rest 30 s, run hard 40 m and back, rest 30 s, then run hard 60 m and back.

STEP BY STEP

1. Run hard 22 m to the near 22 m line
2. Run hard 22 m to the near tryline
3. Rest 30 s
4. Run hard 40 m to the 40 m mark
5. Run hard 40 m to the near tryline
6. Rest 30 s
7. Run hard 60 m to the 60 m mark
8. Run hard 60 m to the near tryline

244 m working distance per rep, 732 m in 3 reps 3 reps (up to 6) 3 changes of direction per rep

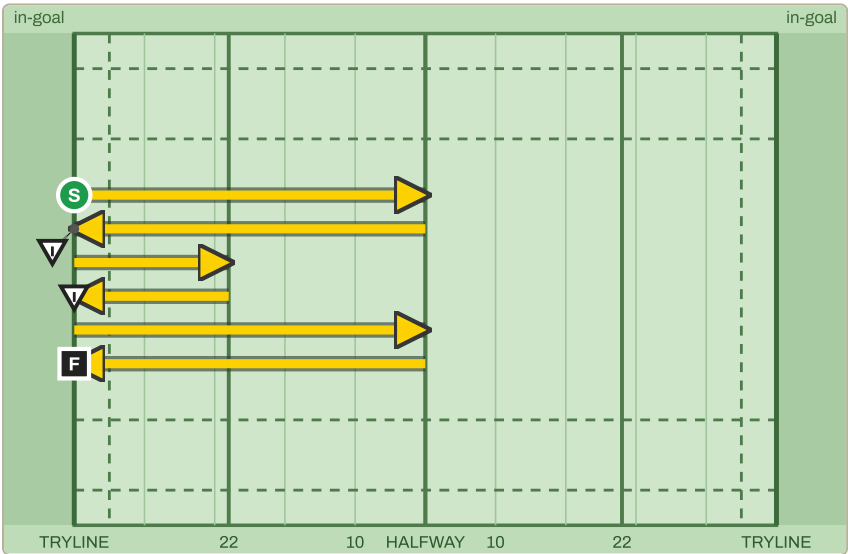
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Lion Heart

Mixed fuel

Contents



Run hard 50 m and back, do a down-up, run hard 22 m and back, do a down-up, then run hard 50 m and back.

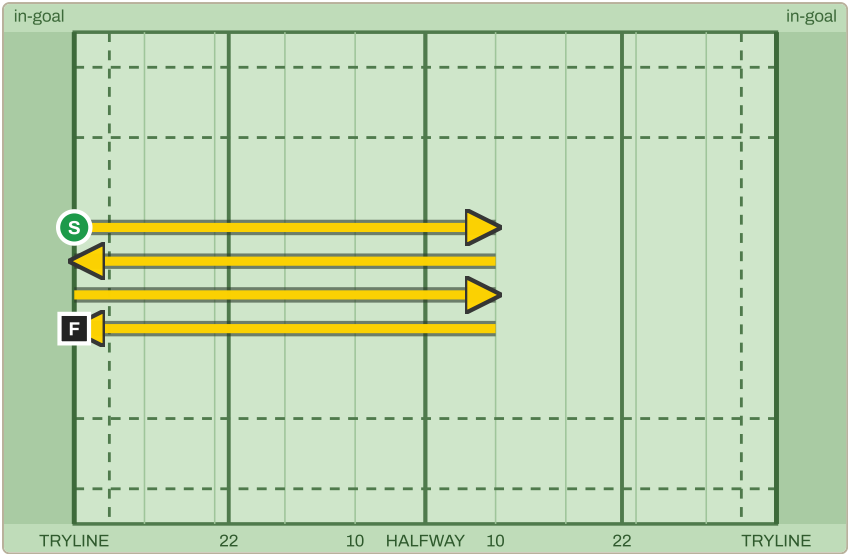
STEP BY STEP

1. Run hard 50 m to halfway
2. Run hard 50 m to the near tryline
3. Down-up: drop to your chest and get back up fast
4. Run hard 22 m to the near 22 m line
5. Run hard 22 m to the near tryline
6. Down-up: drop to your chest and get back up fast
7. Run hard 50 m to halfway
8. Run hard 50 m to the near tryline

244 m working distance per rep, 1,220 m in 5 reps 5 reps (up to 8) 5 changes of direction per rep 2 down-ups per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.



Run hard 60 m and back, then run hard 60 m and back again.

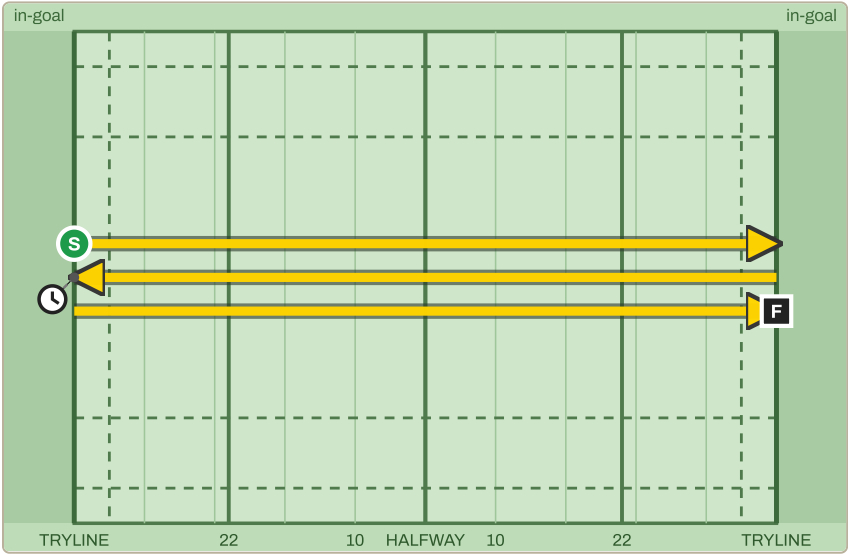
STEP BY STEP

1. Run hard 60 m to the 60 m mark
2. Run hard 60 m to the near tryline
3. Run hard 60 m to the 60 m mark
4. Run hard 60 m to the near tryline

240 m working distance per rep, 1,200 m in 5 reps 5 reps (up to 8) 3 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.



Run hard 100 m and back, rest 25 s, then run hard 100 m.

STEP BY STEP

1. Run hard 100 m to the far tryline
2. Run hard 100 m to the near tryline
3. Rest 25 s
4. Run hard 100 m to the far tryline

300 m working distance per rep, 1,200 m in 4 reps 4 reps (up to 6) 1 change of direction per rep

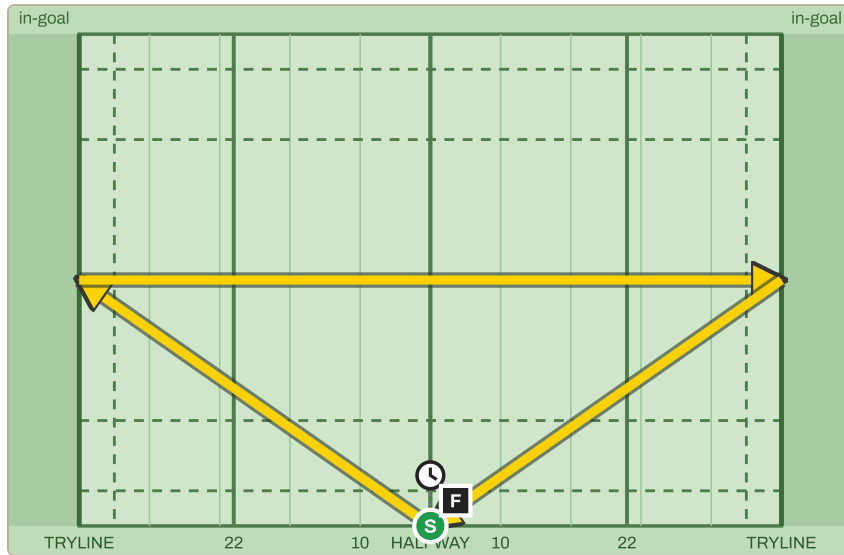
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Coathanger

Mixed fuel

[Contents](#)



Start on the touchline at halfway. Run hard to the near posts and through them, run hard down the length of the field to the far posts, then run hard back to the start. Rest 60 s.

STEP BY STEP

1. Run hard 61 m diagonally to the near tryline
2. Run hard 100 m to the far tryline
3. Run hard 61 m diagonally to halfway (touchline)
4. Rest 60 s

222 m working distance per rep, 1,110 m in 5 reps **5** reps (up to 8) **2** changes of direction per rep

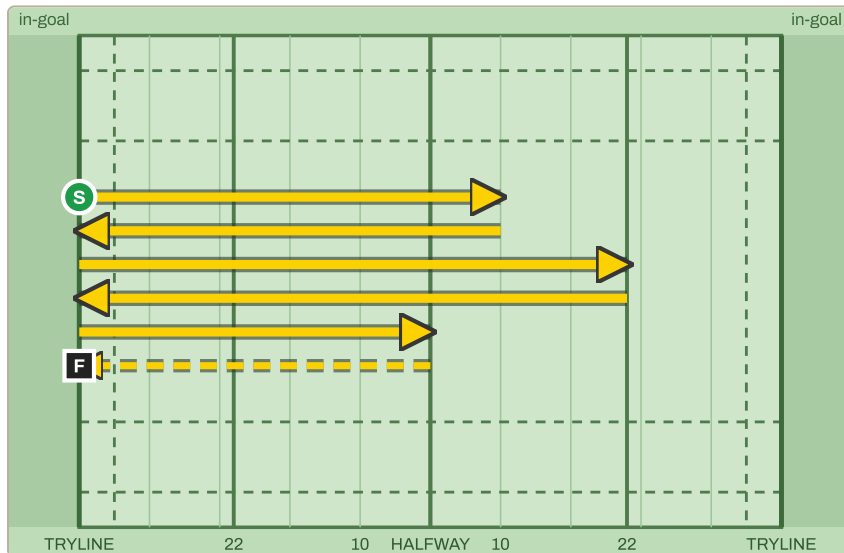
Start at halfway, on the touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic power, Aerobic recovery.

Far 40 and 22 Shuttle

Aerobic power

[Contents](#)



Run hard to the far 40 m line and back, run hard to the far 22 m line and back, then run hard to halfway and jog back.

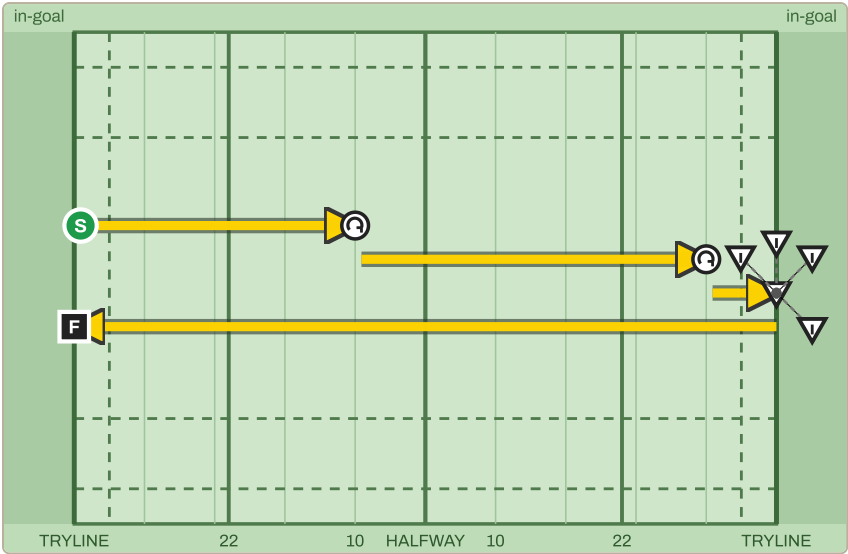
STEP BY STEP

1. Run hard 60 m to the 60 m mark
2. Run hard 60 m to the near tryline
3. Run hard 78 m to the far 22 m line
4. Run hard 78 m to the near tryline
5. Run hard 50 m to halfway
6. Jog 50 m to the near tryline

376 m working distance per rep, 1,504 m in 4 reps **4** reps (up to 6) **5** changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.



Start lying on the ground at the near tryline. Get up and run hard to 40 m, drop and roll left, get up and run hard to 90 m, drop and roll right, then get up and run hard to the far tryline. Do five down-ups, then run hard back to the start.

STEP BY STEP

1. Run hard 39 m to the 40 m mark
2. Roll left: drop to your chest, roll to the side, then get up and go
3. Run hard 49 m to the 90 m mark
4. Roll right: drop to your chest, roll to the side, then get up and go
5. Run hard 9 m to the far tryline
6. Down-up: drop to your chest and get back up fast
7. Down-up: drop to your chest and get back up fast
8. Down-up: drop to your chest and get back up fast
9. Down-up: drop to your chest and get back up fast
10. Down-up: drop to your chest and get back up fast
11. Run hard 100 m to the near tryline

197 m working distance per rep, 788 m in 4 reps 4 reps (up to 6) 1 change of direction per rep 5 down-ups per rep

Start lying on your back at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Aerobic power

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Mixed fuel, Aerobic recovery.

Aerobic power

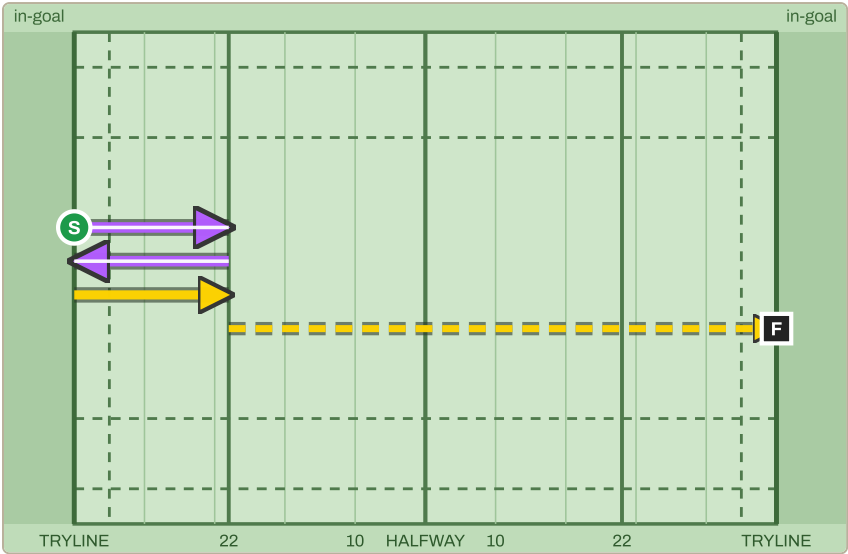
The diagram illustrates a football pitch with a grid of yardage markers. The pitch is divided into sections with yardage markers (22, 10, HALFWAY, 10, 22) and TRYLINEs. Yellow arrows indicate movement paths for players F and S. Player F starts at the left TRYLINE, moves right, and then back left. Player S starts at the left TRYLINE, moves right, and then back left. Clock icons indicate time points.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Mixed fuel, Aerobic recovery.

22m Repeats

Aerobic power

Contents



Sprint 22 m and back, run hard 22 m out again, then jog on to the far tryline.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Sprint 22 m to the near tryline
3. Run hard 22 m to the near 22 m line
4. Jog 78 m to the far tryline

144 m working distance per rep, 1,152 m in 8 reps 8 reps (up to 10) 2 changes of direction per rep

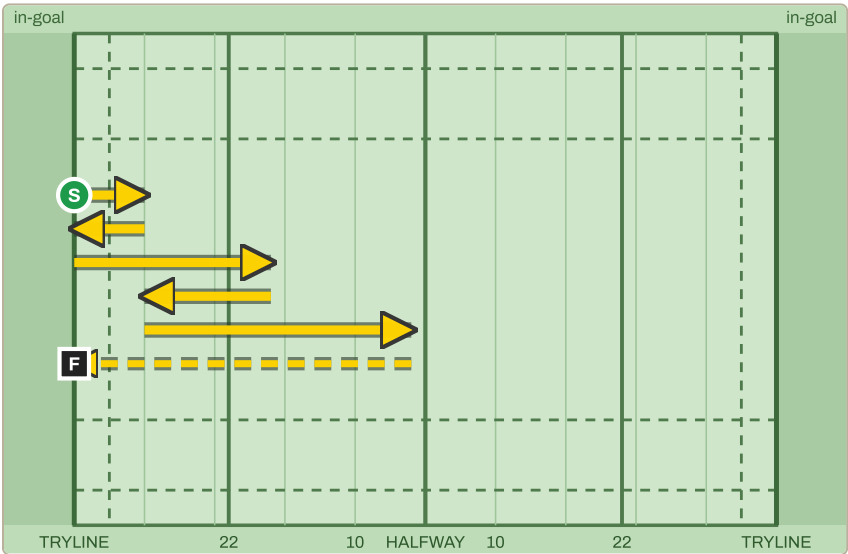
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Speed, Repeated speed.

Yo-Yo Shuttle

Mixed fuel

Contents



Run hard 10 m and back. Run hard to the 28 m line and back to the 10 m line, run hard out to the 48 m line, then jog back to the start.

STEP BY STEP

1. Run hard 10 m to the 10 m mark
2. Run hard 10 m to the near tryline
3. Run hard 28 m to the 28 m mark
4. Run hard 18 m to the 10 m mark
5. Run hard 38 m to halfway
6. Jog 48 m to the near tryline

152 m working distance per rep, 912 m in 6 reps 6 reps (up to 10) 5 changes of direction per rep

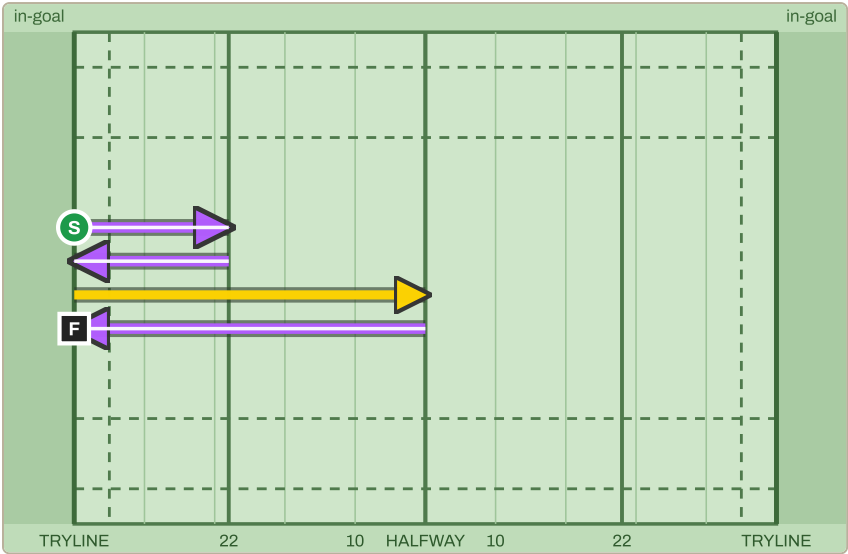
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed, Aerobic recovery.

150 Shuttles

Aerobic power

[Contents](#)



Sprint 22 m and back, then run hard 50 m and back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Sprint 22 m to the near tryline
3. Run hard 50 m to halfway
4. Sprint 50 m to the near tryline

144 m working distance per rep, 720 m in 5 reps 5 reps (up to 8) 3 changes of direction per rep

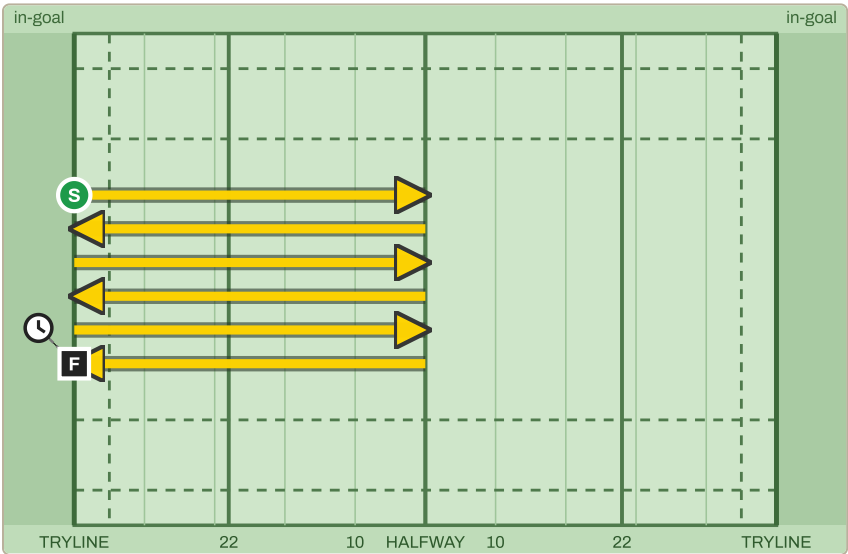
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

300 Shuttle

Aerobic power

[Contents](#)



Run hard 50 m and back three times without a break, then rest 180 s.

STEP BY STEP

1. Run hard 50 m to halfway
2. Run hard 50 m to the near tryline
3. Run hard 50 m to halfway
4. Run hard 50 m to the near tryline
5. Run hard 50 m to halfway
6. Run hard 50 m to the near tryline
7. Rest 180 s

300 m working distance per rep, 900 m in 3 reps 3 reps (up to 5) 5 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Functional running

Game-shaped running with turns, down-ups and mixed paces. Work and rest are close to even.

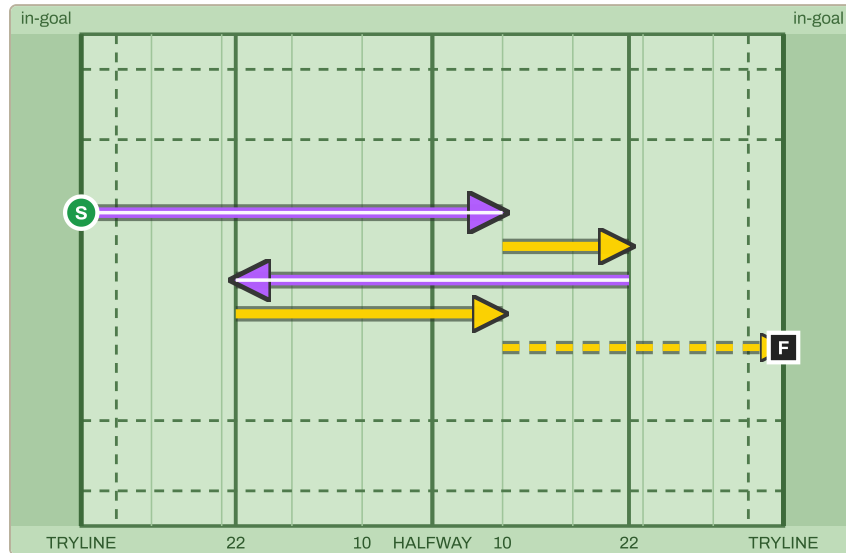
Mixed fuel

Default work to rest **1:1**, RPE 7.5

80-60-40

Anaerobic

Contents



Sprint 60 m, then run hard on to the far 22 m line. Sprint back to the near 22 m line, then run hard on to the far 40 m line. Jog through to the far tryline.

STEP BY STEP

1. Sprint 60 m to the 60 m mark
2. Run hard 18 m to the far 22 m line
3. Sprint 56 m to the near 22 m line
4. Run hard 38 m to the 60 m mark
5. Jog 40 m to the far tryline

212 m working distance per rep, 1,060 m in 5 reps **5** reps (up to 8) **2** changes of direction per rep

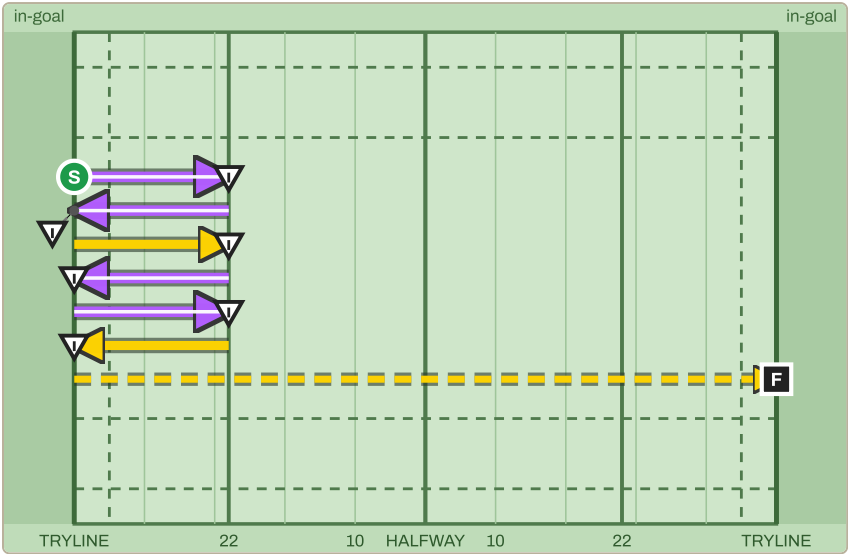
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Repeated speed, Mixed fuel, Aerobic recovery.

The Gill

Anaerobic

Contents



Make six 22 m legs, out and back between the tryline and the 22 m line, with a down-up after every leg: sprint, sprint, run hard, sprint, sprint, run hard. Then jog the length of the field to the far tryline.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Down-up: drop to your chest and get back up fast
3. Sprint 22 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. Run hard 22 m to the near 22 m line
6. Down-up: drop to your chest and get back up fast
7. Sprint 22 m to the near tryline
8. Down-up: drop to your chest and get back up fast
9. Sprint 22 m to the near 22 m line
10. Down-up: drop to your chest and get back up fast
11. Run hard 22 m to the near tryline
12. Down-up: drop to your chest and get back up fast
13. Jog 100 m to the far tryline

232 m working distance per rep, 1,160 m in 5 reps 5 reps (up to 8) 6 changes of direction per rep 6 down-ups per rep

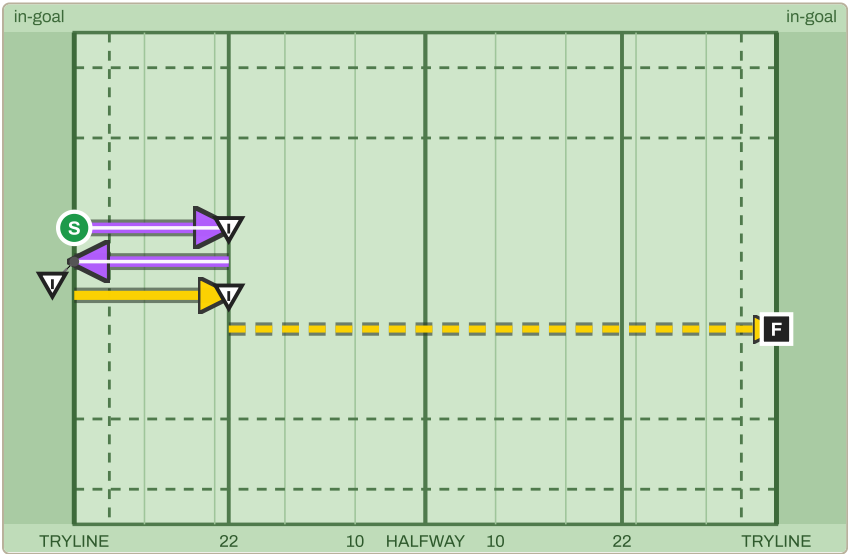
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Repeated speed, Mixed fuel, Aerobic recovery.

Mini Gill

Mixed fuel

Contents



Make three 22 m legs with a down-up after each: sprint out, sprint back, run hard out. Then jog to the far tryline.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Down-up: drop to your chest and get back up fast
3. Sprint 22 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. Run hard 22 m to the near 22 m line
6. Down-up: drop to your chest and get back up fast
7. Jog 78 m to the far tryline

144 m working distance per rep, 1,152 m in 8 reps 8 reps (up to 10) 2 changes of direction per rep 3 down-ups per rep

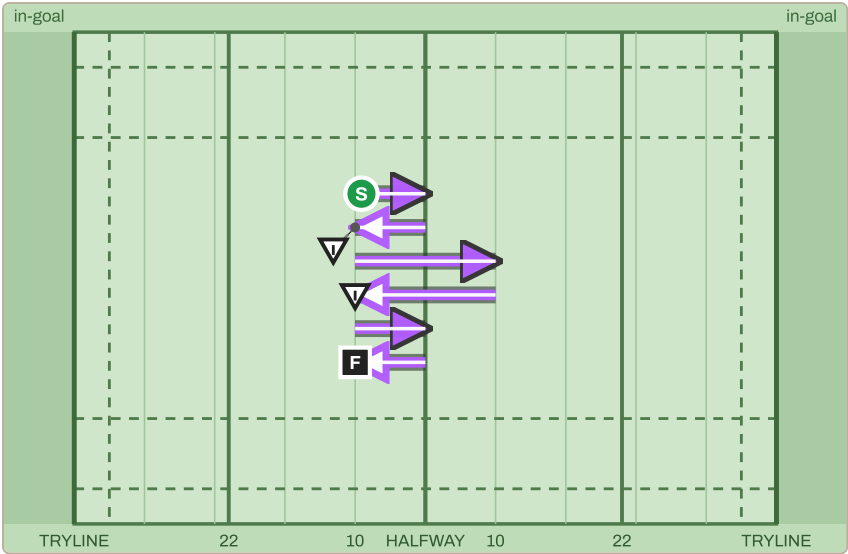
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Warrior

Mixed fuel

Contents



Start lying on your front at the 40 m line. Get up and sprint forward 10 m, sprint backwards to the 40 m line and do a down-up. Sprint forward 20 m, sprint backwards to the 40 m line and do a down-up. Sprint forward 10 m, then sprint backwards to the 40 m line.

STEP BY STEP

1. Sprint 9 m to halfway
2. Sprint backwards 10 m to the 40 m mark
3. Down-up: drop to your chest and get back up fast
4. Sprint 20 m to the 60 m mark
5. Sprint backwards 20 m to the 40 m mark
6. Down-up: drop to your chest and get back up fast
7. Sprint 10 m to halfway
8. Sprint backwards 10 m to the 40 m mark

79 m working distance per rep, 474 m in 6 reps 6 reps (up to 9) 5 changes of direction per rep 2 down-ups per rep

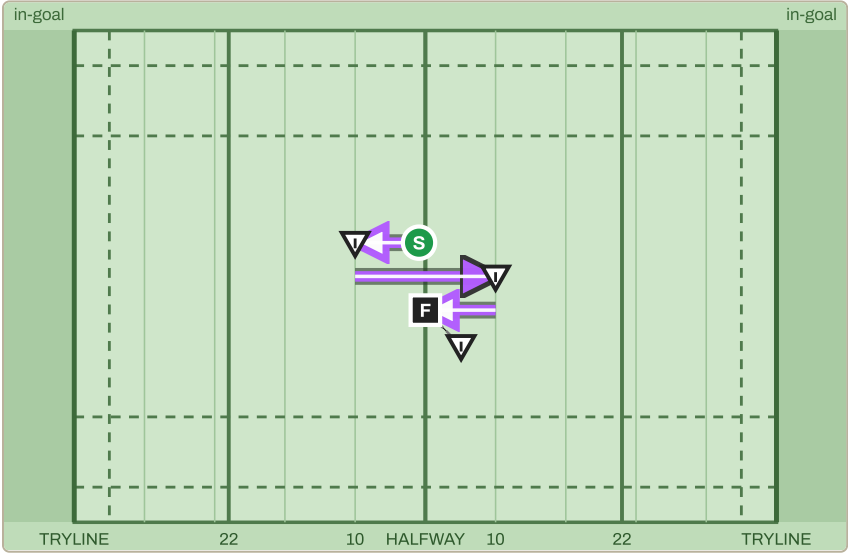
Start lying on your front at the 40 m mark. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic.

Malcolms

Mixed fuel

Contents



Start lying on your front at halfway. Get up and sprint backwards 10 m and do a down-up. Sprint forward 20 m and do a down-up. Sprint backwards 10 m and do a down-up.

STEP BY STEP

1. Sprint backwards 9 m to the 40 m mark
2. Down-up: drop to your chest and get back up fast
3. Sprint 20 m to the 60 m mark
4. Down-up: drop to your chest and get back up fast
5. Sprint backwards 10 m to halfway
6. Down-up: drop to your chest and get back up fast

39 m working distance per rep, 234 m in 6 reps 6 reps (up to 10) 2 changes of direction per rep 3 down-ups per rep

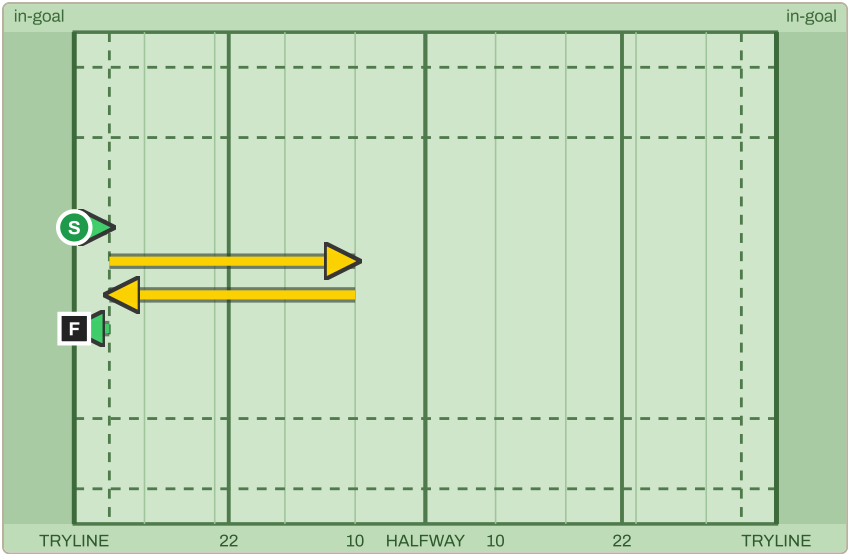
Start lying on your front at halfway. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Titanium

Mixed fuel

Contents



Bear crawl 5 m. Get up, run hard on to 40 m, then run hard back to the 5 m line. Bear crawl 5 m back to the start tryline.

STEP BY STEP

- 1. Crawl 5 m to the 5 m mark
- 2. Run hard 35 m to the 40 m mark
- 3. Run hard 35 m to the 5 m mark
- 4. Crawl 5 m to the near tryline

80 m working distance per rep, 480 m in 6 reps 6 reps (up to 10) 1 change of direction per rep

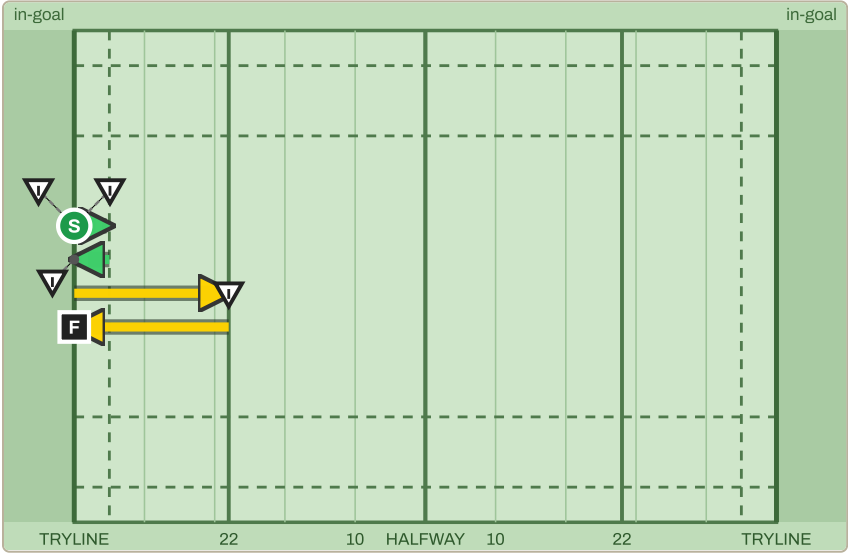
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Franko

Mixed fuel

Contents



Do two down-ups. Bear crawl 5 m and back, then do a down-up. Run hard 22 m, do a down-up at the 22 m line, then run hard back to the start tryline.

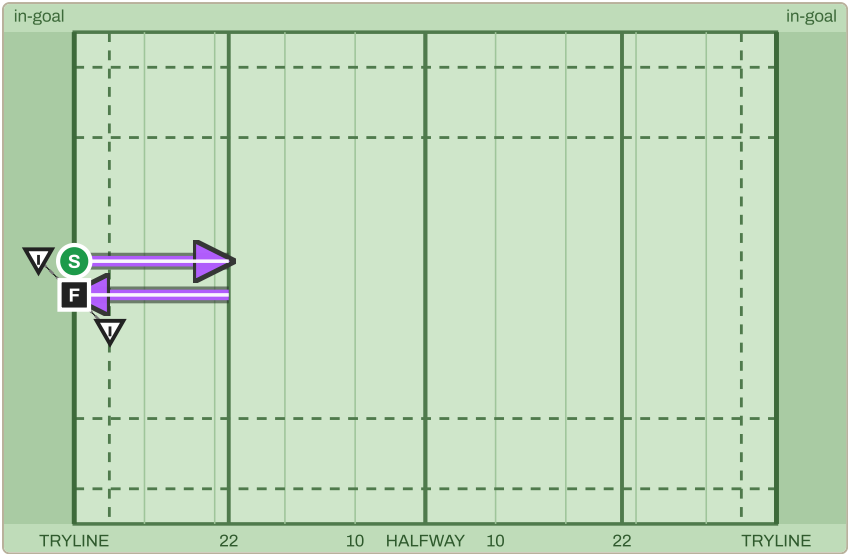
STEP BY STEP

- 1. Down-up: drop to your chest and get back up fast
- 2. Down-up: drop to your chest and get back up fast
- 3. Crawl 5 m to the 5 m mark
- 4. Crawl 5 m to the near tryline
- 5. Down-up: drop to your chest and get back up fast
- 6. Run hard 22 m to the near 22 m line
- 7. Down-up: drop to your chest and get back up fast
- 8. Run hard 22 m to the near tryline

54 m working distance per rep, 324 m in 6 reps 6 reps (up to 10) 3 changes of direction per rep 4 down-ups per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.



Sprint 22 m and back, then do two down-ups.

STEP BY STEP

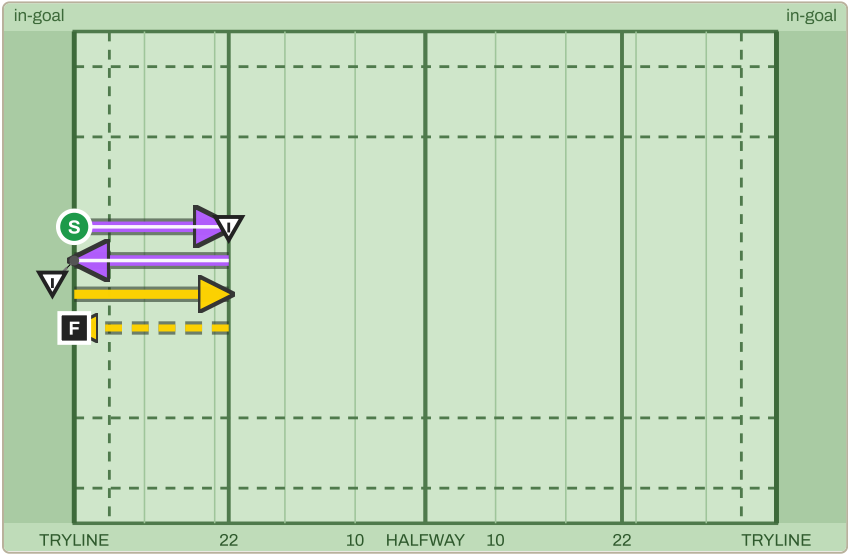
1. Sprint 22 m to the near 22 m line
2. Sprint 22 m to the near tryline
3. Down-up: drop to your chest and get back up fast
4. Down-up: drop to your chest and get back up fast

44 m working distance per rep, 352 m in 8 reps 8 reps (up to 10) 1 change of direction per rep 2 down-ups per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

22m Down-Ups



Sprint 22 m and do a down-up, sprint back to the tryline and do a down-up, run hard 22 m out again, then jog back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Down-up: drop to your chest and get back up fast
3. Sprint 22 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. Run hard 22 m to the near 22 m line
6. Jog 22 m to the near tryline

88 m working distance per rep, 352 m in 4 reps 4 reps (up to 8) 3 changes of direction per rep 2 down-ups per rep

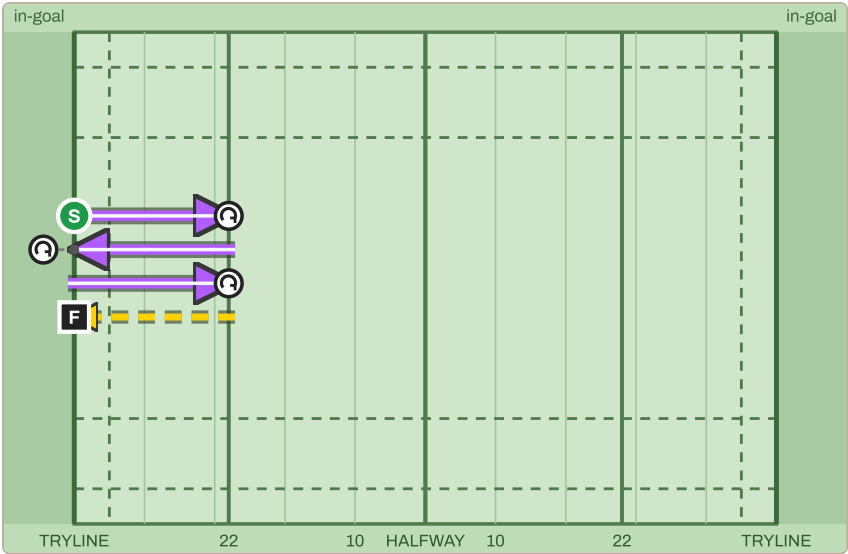
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Sprint and Roll 22

Mixed fuel

Contents



Sprint 22 m and roll left, sprint back and roll right, sprint 22 m out again and roll left, then jog back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Roll left: drop to your chest, roll to the side, then get up and go
3. Sprint 23 m to the near tryline
4. Roll right: drop to your chest, roll to the side, then get up and go
5. Sprint 23 m to the near 22 m line
6. Roll left: drop to your chest, roll to the side, then get up and go
7. Jog 23 m to the near tryline

91 m working distance per rep, 364 m in 4 reps 4 reps (up to 8) 3 changes of direction per rep

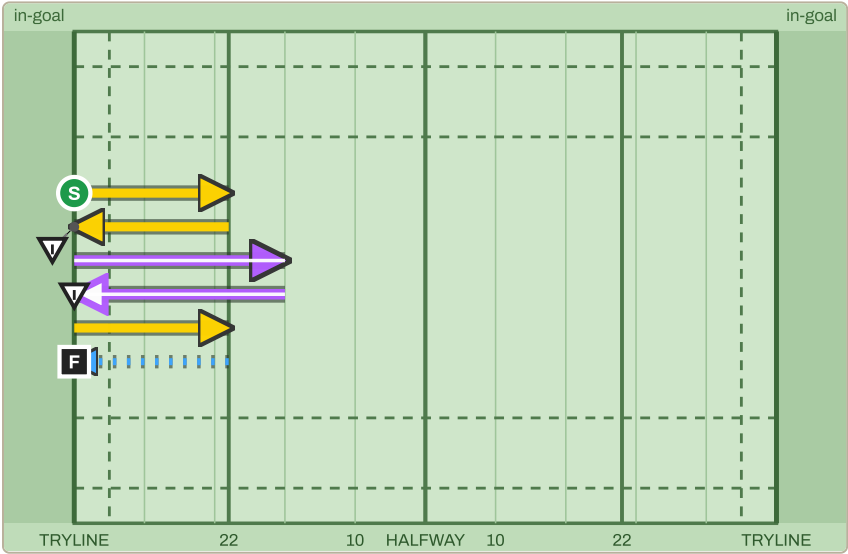
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed.

Anaerobic Builder

Anaerobic

Contents



Run hard 22 m and back and do a down-up. Sprint 30 m and sprint backwards to the start, then do a down-up. Run hard 22 m, then walk back.

STEP BY STEP

1. Run hard 22 m to the near 22 m line
2. Run hard 22 m to the near tryline
3. Down-up: drop to your chest and get back up fast
4. Sprint 30 m to the 30 m mark
5. Sprint backwards 30 m to the near tryline
6. Down-up: drop to your chest and get back up fast
7. Run hard 22 m to the near 22 m line
8. Walk 22 m to the near tryline

126 m working distance per rep, 756 m in 6 reps 6 reps (up to 8) 4 changes of direction per rep 2 down-ups per rep

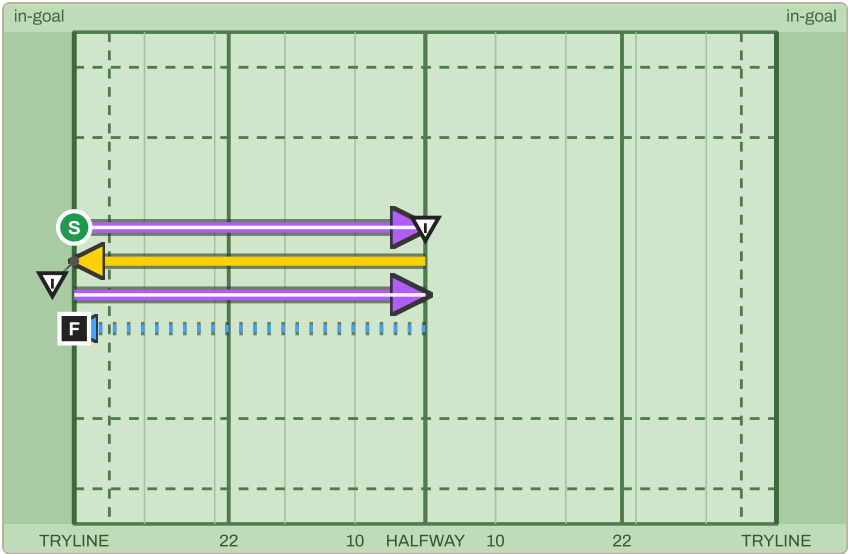
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Repeated speed, Mixed fuel, Aerobic recovery.

150 Down-Ups

Anaerobic

Contents



Sprint 50 m and do a down-up, run hard back to the start and do a down-up, then sprint 50 m again. Walk back.

STEP BY STEP

1. Sprint 50 m to halfway
2. Down-up: drop to your chest and get back up fast
3. Run hard 50 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. Sprint 50 m to halfway
6. Walk 50 m to the near tryline

150 m working distance per rep, 750 m in 5 reps 5 reps (up to 8) 2 changes of direction per rep 2 down-ups per rep

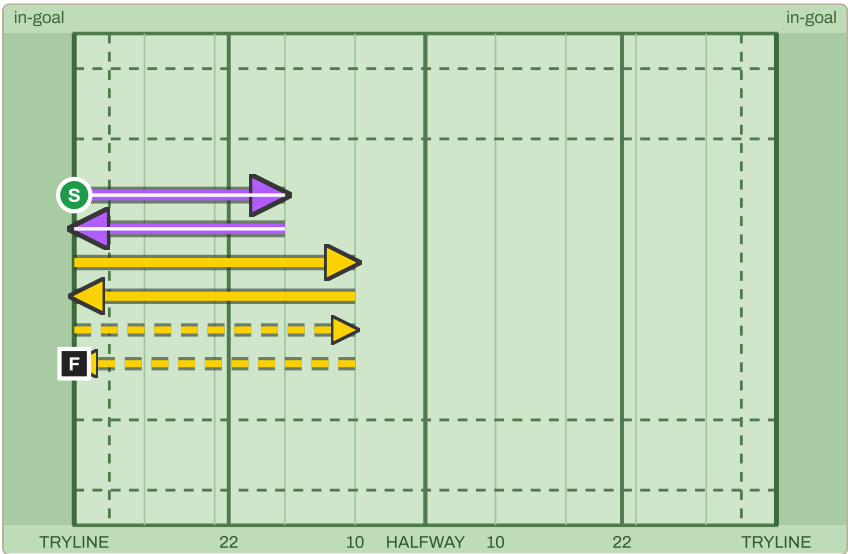
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Repeated speed, Mixed fuel, Aerobic recovery.

10/20/30 Block

Mixed fuel

Contents



Sprint 30 m and back (about 10 s), run hard 40 m and back (about 20 s), then jog 40 m and back (about 30 s).

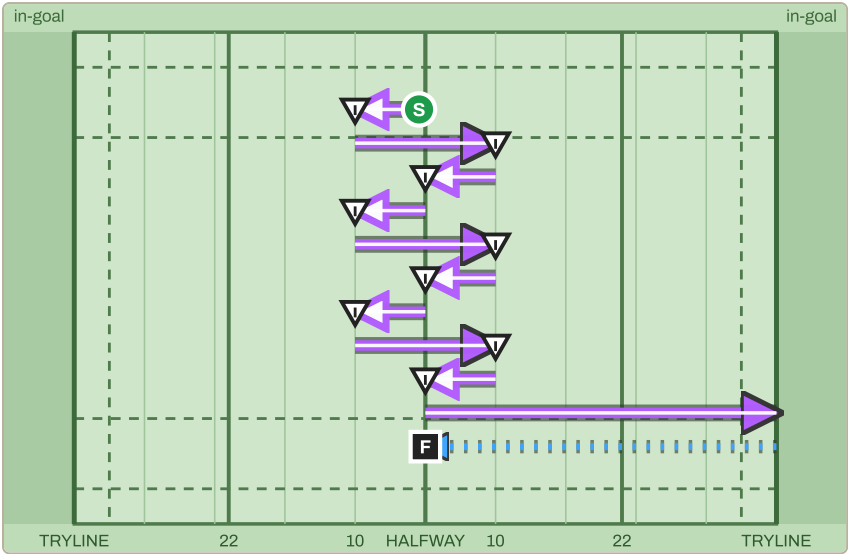
STEP BY STEP

1. Sprint 30 m to the 30 m mark
2. Sprint 30 m to the near tryline
3. Run hard 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Jog 40 m to the 40 m mark
6. Jog 40 m to the near tryline

220 m working distance per rep, 1,100 m in 5 reps 5 reps (up to 8) 5 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.



Start lying on your front at halfway. Do three rounds back to back of sprint backwards 10 m, down-up, sprint forward 20 m, down-up, sprint backwards 10 m, down-up. Then sprint 50 m to the far tryline and walk back to halfway.

THE PATTERN

- Sprint backwards 9 m
- **2 times:** Down-up → Sprint 20 m → Down-up → Sprint backwards 10 m → Down-up → Sprint backwards 10 m
- Down-up
- Sprint 20 m
- Down-up
- Sprint backwards 10 m
- Down-up
- Sprint 50 m
- Walk 50 m

169 m working distance per rep, 507 m in 3 reps 3 reps (up to 5) 7 changes of direction per rep 9 down-ups per rep

Start lying on your front at halfway. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

High speed

Maximal and near-maximal straight running, builds and flying runs. Full recovery so every rep is fast.

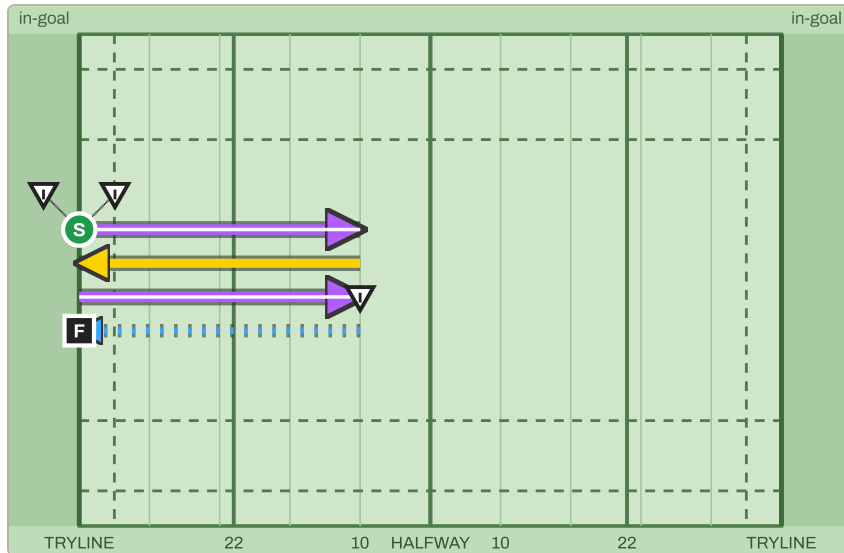
Speed

Default work to rest **1:4**, RPE 10

Dagger

Repeated speed

Contents



Do two down-ups. Sprint 40 m, run hard back to the start, then sprint 40 m again and do a down-up. Walk back.

STEP BY STEP

1. Down-up: drop to your chest and get back up fast
2. Down-up: drop to your chest and get back up fast
3. Sprint 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Sprint 40 m to the 40 m mark
6. Down-up: drop to your chest and get back up fast
7. Walk 40 m to the near tryline

120 m working distance per rep, 600 m in 5 reps **5** reps (up to 8) **2** changes of direction per rep **3** down-ups per rep

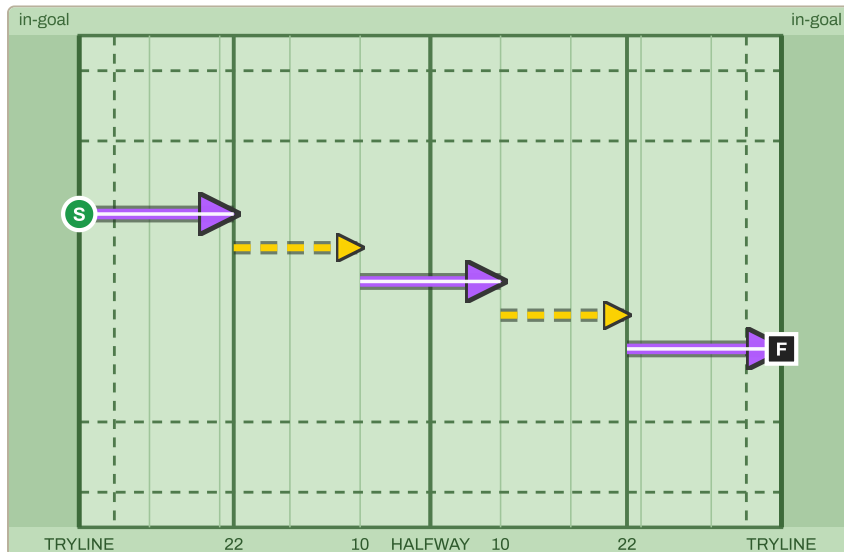
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Aerobic recovery.

Accelerators

Speed

Contents



Sprint to the 22 m line, jog to the 40 m line, sprint to the 60 m line, jog to the far 22 m line, then sprint to the far tryline.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Jog 18 m to the 40 m mark
3. Sprint 20 m to the 60 m mark
4. Jog 18 m to the far 22 m line
5. Sprint 22 m to the far tryline

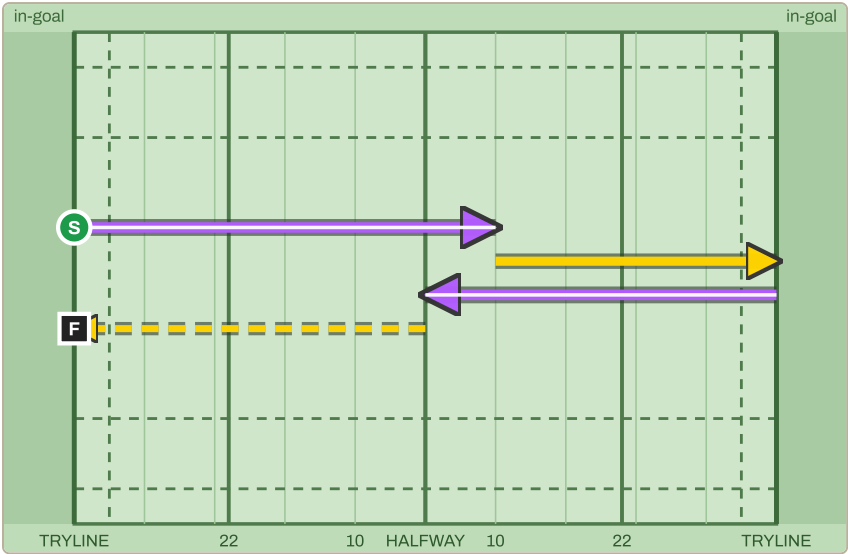
100 m working distance per rep, 400 m in 4 reps **4** reps (up to 8)

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

150s Repeated speed

Contents



Sprint 60 m, run hard to the far tryline, sprint back to halfway, then jog to the start.

STEP BY STEP

1. Sprint 60 m to the 60 m mark
2. Run hard 40 m to the far tryline
3. Sprint 50 m to halfway
4. Jog 50 m to the near tryline

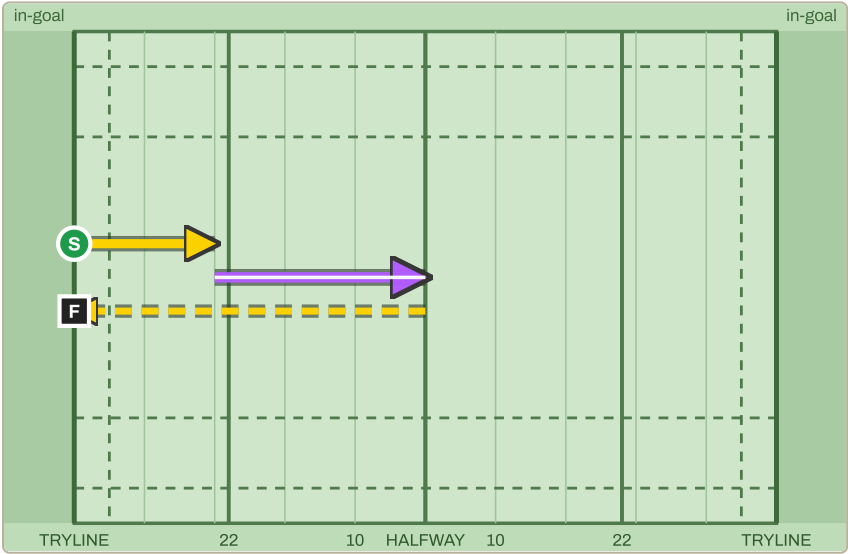
200 m working distance per rep, 1,000 m in 5 reps 5 reps (up to 10) 1 change of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Aerobic recovery.

Flying 30s Repeated speed

Contents



Run hard for 20 m to build up, sprint 30 m at top speed to the 50 m line, then jog back.

STEP BY STEP

1. Run hard 20 m to the near 22 m line
2. Sprint 30 m to halfway
3. Jog 50 m to the near tryline

100 m working distance per rep, 400 m in 4 reps 4 reps (up to 6) 1 change of direction per rep

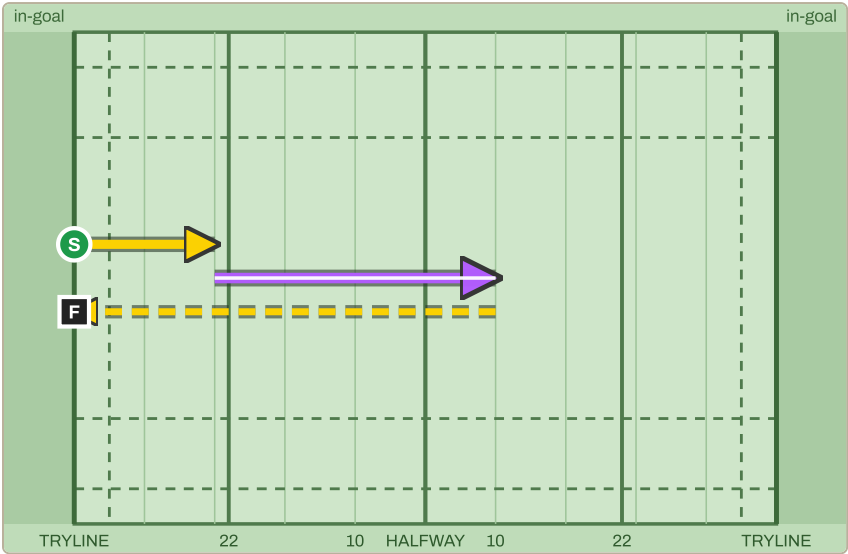
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Flying 40s

Repeated speed

Contents



Run hard for 20 m to build up, sprint 40 m at top speed to the 60 m line, then jog back.

STEP BY STEP

1. Run hard 20 m to the near 22 m line
2. Sprint 40 m to the 60 m mark
3. Jog 60 m to the near tryline

120 m working distance per rep, 360 m in 3 reps 3 reps (up to 6) 1 change of direction per rep

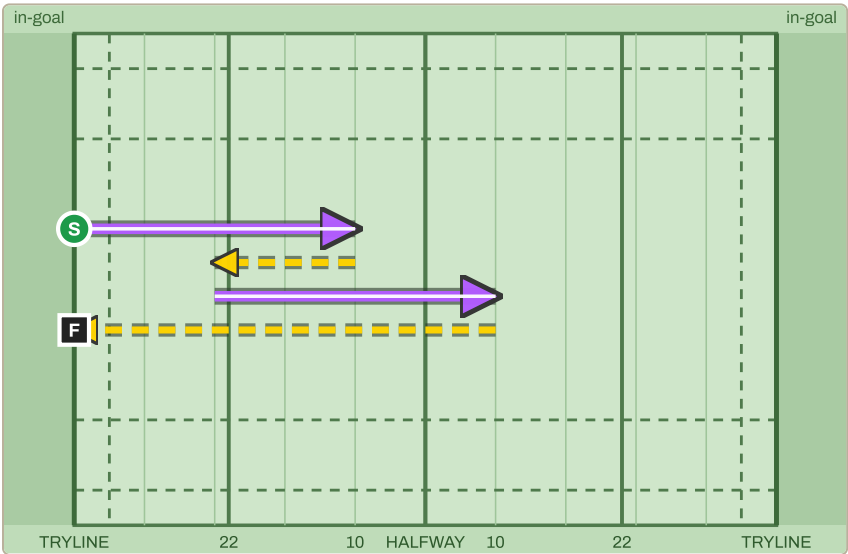
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Sprint Float Sprint

Speed

Contents



Sprint 40 m, jog back to the 20 m line, sprint to the 60 m line, then jog back to the start.

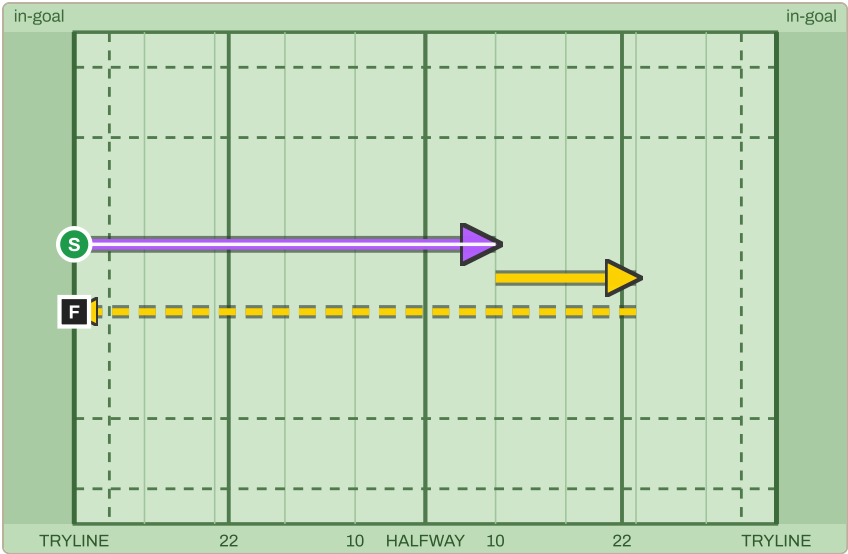
STEP BY STEP

1. Sprint 40 m to the 40 m mark
2. Jog 20 m to the near 22 m line
3. Sprint 40 m to the 60 m mark
4. Jog 60 m to the near tryline

160 m working distance per rep, 640 m in 4 reps 4 reps (up to 6) 3 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.



Sprint 60 m, run hard to the 80 m line, then jog back.

STEP BY STEP

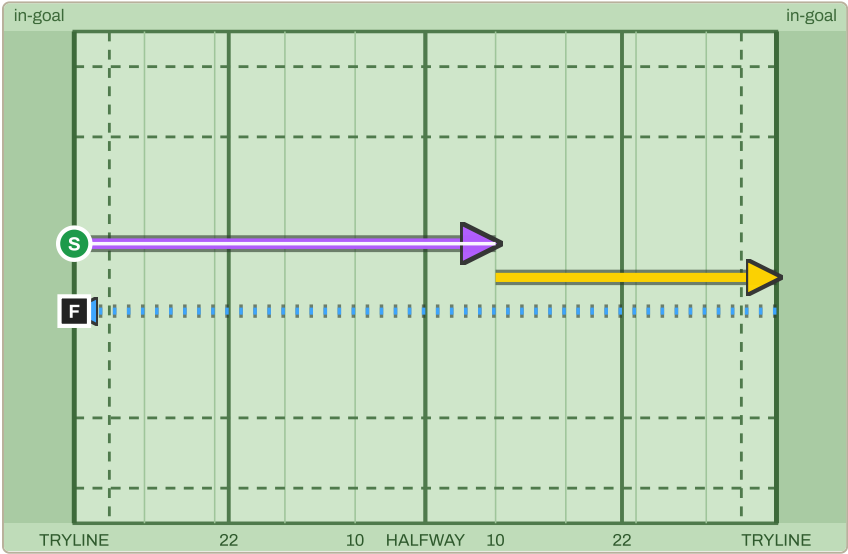
1. Sprint 60 m to the 60 m mark
2. Run hard 20 m to the far 22 m line
3. Jog 80 m to the near tryline

160 m working distance per rep, 640 m in 4 reps 4 reps (up to 6) 1 change of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Full Length 100



Sprint 60 m, run hard to the far tryline, then walk back.

STEP BY STEP

1. Sprint 60 m to the 60 m mark
2. Run hard 40 m to the far tryline
3. Walk 100 m to the near tryline

100 m working distance per rep, 300 m in 3 reps 3 reps (up to 5)

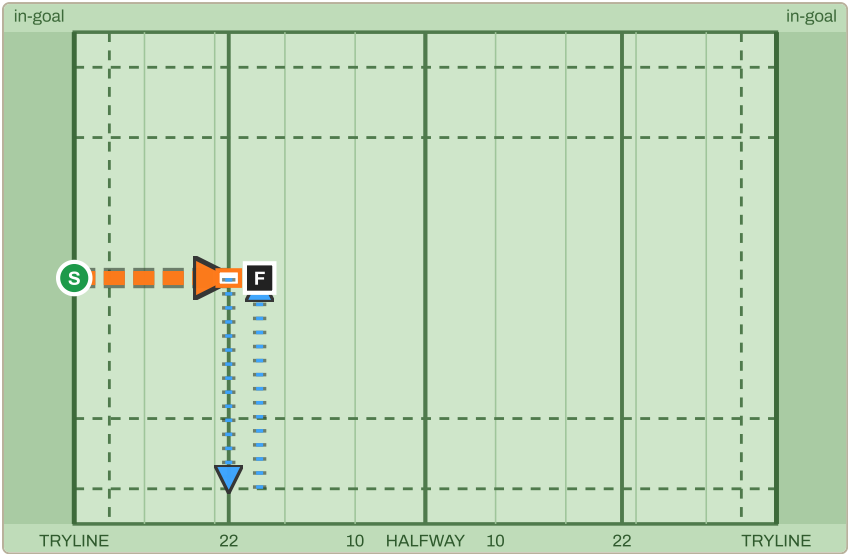
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Sled Sprint 22m

Speed

Contents



Sprint 22 m pulling a weighted sled on a short harness cable. Rest completely at the sled by walking 30 m out and back to it. The sled stays at the far end and the next rep takes it back. In pairs, start at opposite ends and walk back to your own start line.

STEP BY STEP

1. Sled sprint 22 m to the near 22 m line
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled

22 m working distance per rep, 88 m in 4 reps 4 reps (up to 6)

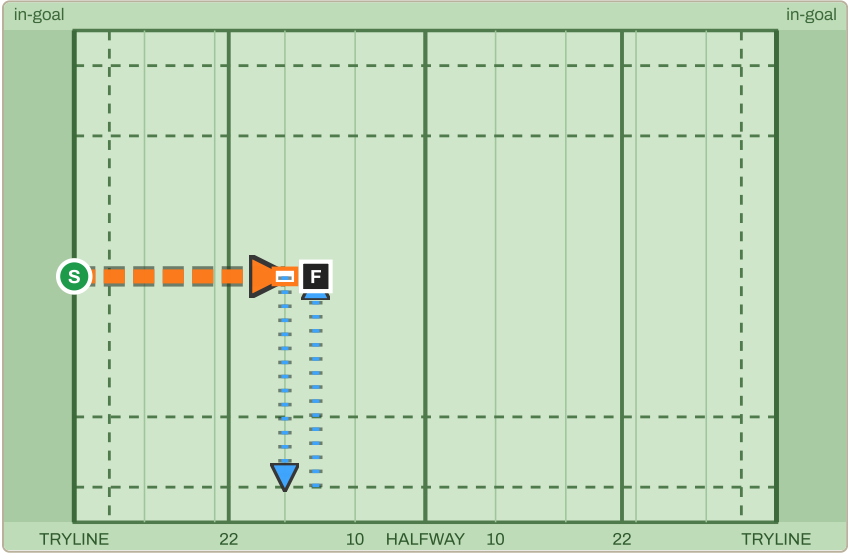
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. The sled stays where it ends and the next rep takes it back.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Sprint 30m

Speed

Contents



Sprint 30 m pulling a weighted sled on a short harness cable. Rest completely at the sled by walking 30 m out and back to it. The sled stays at the far end and the next rep takes it back. In pairs, start at opposite ends and walk back to your own start line.

STEP BY STEP

1. Sled sprint 30 m to the 30 m mark
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled

30 m working distance per rep, 120 m in 4 reps 4 reps (up to 6)

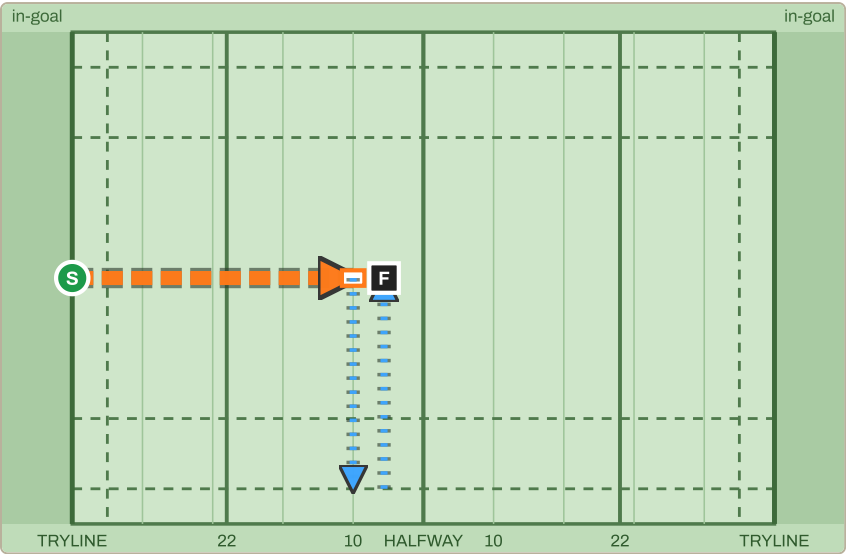
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. The sled stays where it ends and the next rep takes it back.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Sprint 40m

Speed

Contents



Sprint 40 m pulling a weighted sled on a short harness cable. Rest completely at the sled by walking 30 m out and back to it. The sled stays at the far end and the next rep takes it back. In pairs, start at opposite ends and walk back to your own start line.

STEP BY STEP

- 1. Sled sprint 40 m to the 40 m mark
- 2. Rest at the sled: walk 30 m across the field
- 3. Walk 30 m back to the sled

40 m working distance per rep, 160 m in 4 reps 4 reps (up to 6)

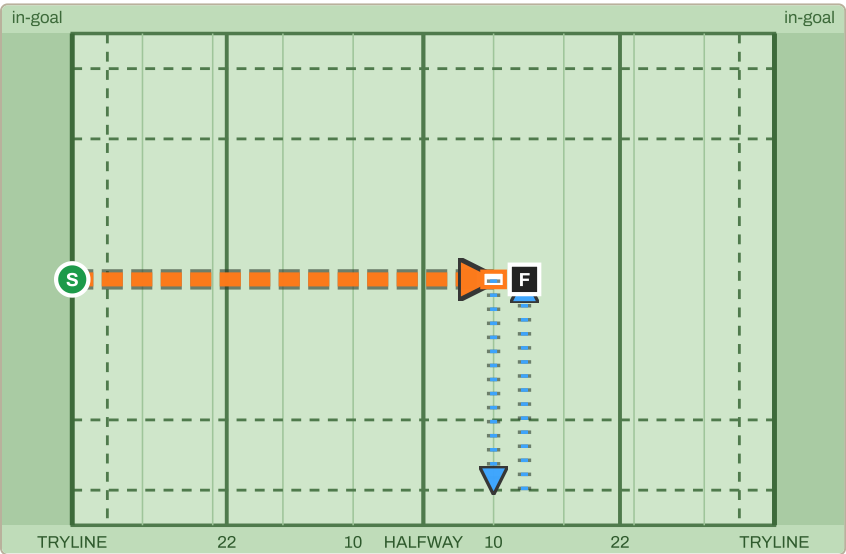
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. The sled stays where it ends and the next rep takes it back.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Sprint 60m

Speed

Contents



Sprint 60 m pulling a weighted sled on a short harness cable. Rest completely at the sled by walking 30 m out and back to it. The sled stays at the far end and the next rep takes it back. In pairs, start at opposite ends and walk back to your own start line.

STEP BY STEP

- 1. Sled sprint 60 m to the 60 m mark
- 2. Rest at the sled: walk 30 m across the field
- 3. Walk 30 m back to the sled

60 m working distance per rep, 240 m in 4 reps 4 reps (up to 6)

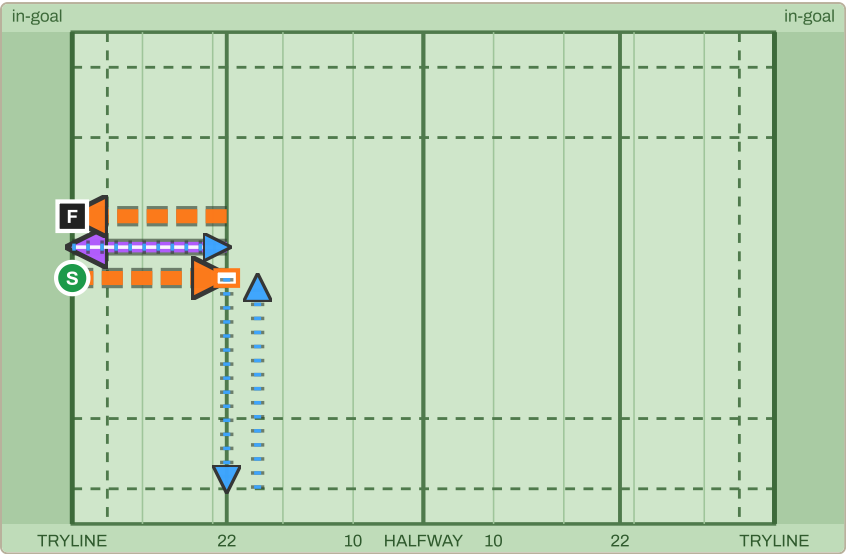
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. The sled stays where it ends and the next rep takes it back.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Sprint Contrast 22m

Speed

Contents



Pull a weighted sled 22 m on a harness, then sprint 22 m free back to the start. Walk to the sled and take it back so every rep starts where the sled is. Rest completely at the sled by walking 30 m out and back to it after the first leg.

STEP BY STEP

1. Sled sprint 22 m to the near 22 m line
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled
4. Sprint 22 m to the near tryline
5. Walk 22 m to the sled
6. Sled sprint 22 m to the near tryline

66 m working distance per rep, 264 m in 4 reps 4 reps (up to 6)

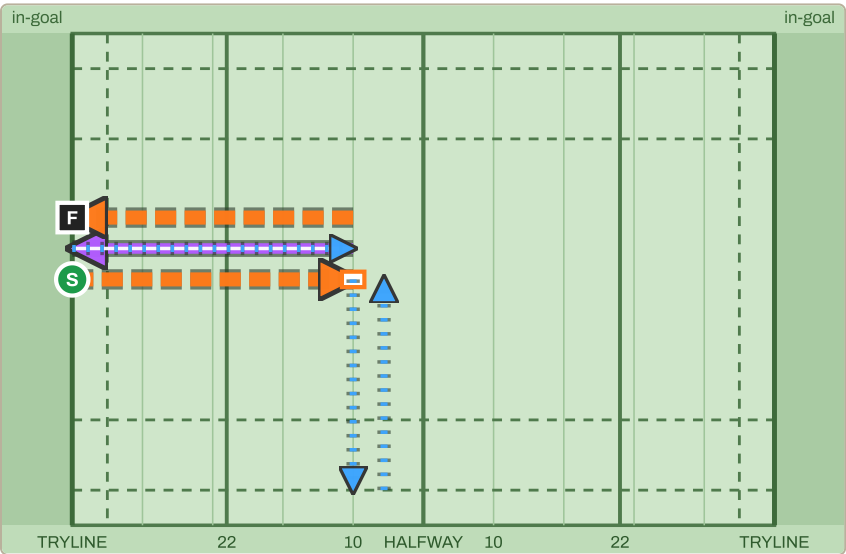
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Sprint Contrast 40m

Repeated speed

Contents



Pull a weighted sled 40 m on a harness, then sprint 40 m free back to the start. Walk to the sled and take it back so every rep starts where the sled is. Rest completely at the sled by walking 30 m out and back to it after the first leg.

STEP BY STEP

1. Sled sprint 40 m to the 40 m mark
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled
4. Sprint 40 m to the near tryline
5. Walk 40 m to the sled
6. Sled sprint 40 m to the near tryline

120 m working distance per rep, 480 m in 4 reps 4 reps (up to 6)

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic.

Repeated speed

Repeated sprints with short rest. The point is to keep speed as fatigue builds.

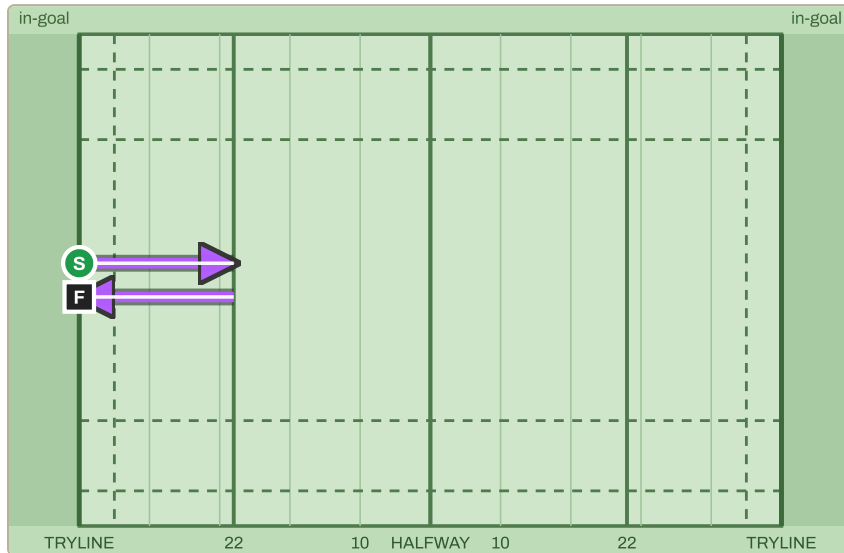
Repeated speed

Default work to rest **2:1** or **1:1**, RPE 10

44s

Speed

Contents



Sprint 22 m and back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Sprint 22 m to the near tryline

44 m working distance per rep, 396 m in 9 reps **9** reps (up to 10) **1** change of direction per rep

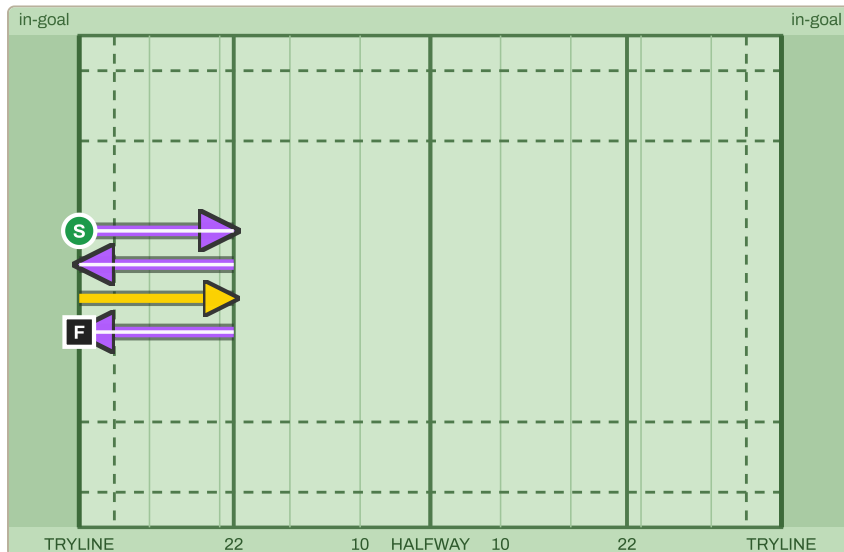
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

88s

Speed

Contents



Sprint 22 m and back, then run hard 22 m and sprint back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Sprint 22 m to the near tryline
3. Run hard 22 m to the near 22 m line
4. Sprint 22 m to the near tryline

88 m working distance per rep, 440 m in 5 reps **5** reps (up to 10) **3** changes of direction per rep

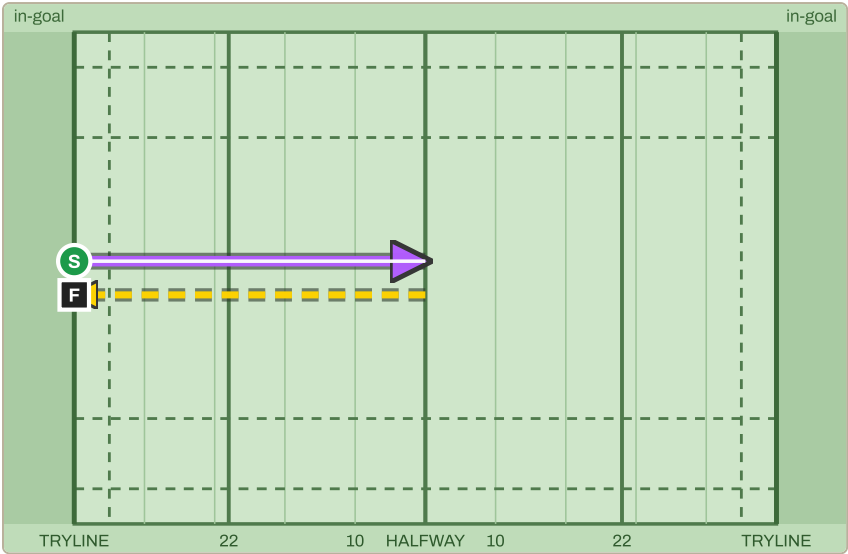
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Repeat 50s

Speed

Contents



Sprint 50 m to halfway, then jog back.

STEP BY STEP

1. Sprint 50 m to halfway
2. Jog 50 m to the near tryline

100 m working distance per rep, 800 m in 8 reps 8 reps (up to 10) 1 change of direction per rep

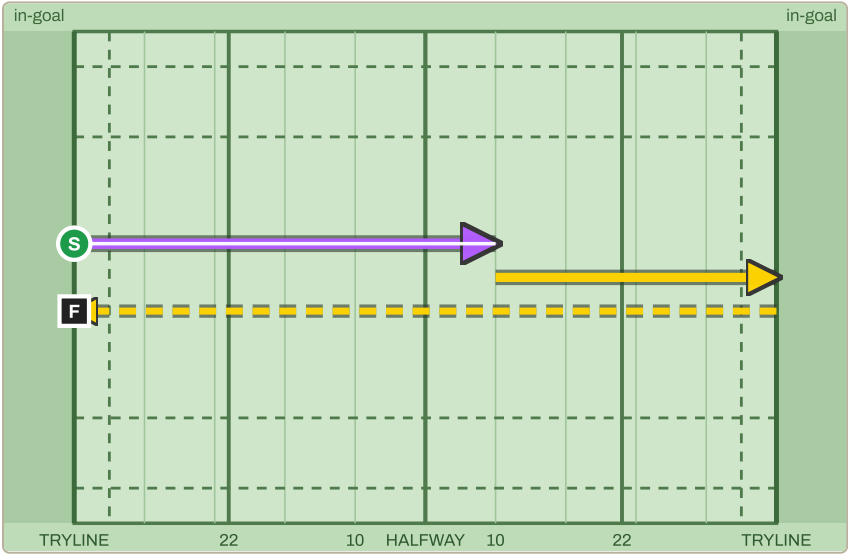
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Repeat 100s

Repeated speed

Contents



Sprint 60 m, run hard to the far tryline, then jog back.

STEP BY STEP

1. Sprint 60 m to the 60 m mark
2. Run hard 40 m to the far tryline
3. Jog 100 m to the near tryline

200 m working distance per rep, 1,200 m in 6 reps 6 reps (up to 10) 1 change of direction per rep

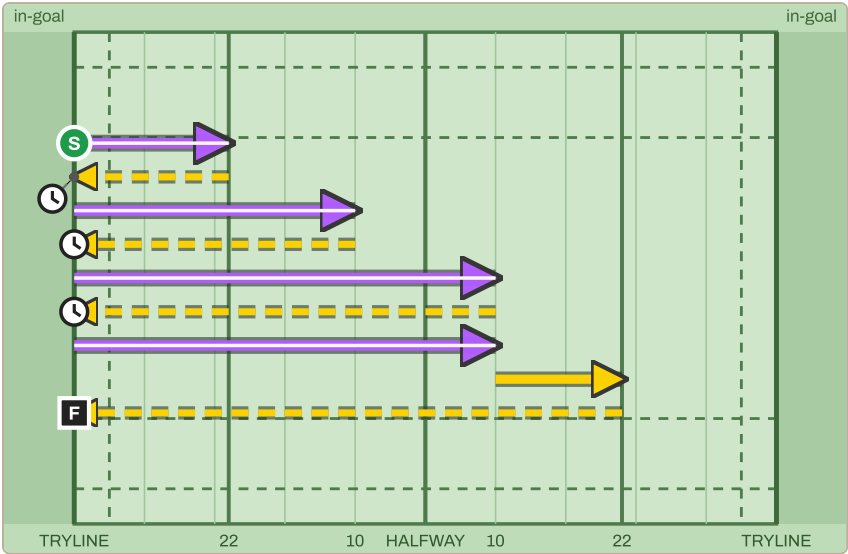
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Ladder Sprints

Repeated speed

Contents



Sprint 22 m and jog back, rest 10 s. Sprint 40 m and jog back, rest 10 s. Sprint 60 m and jog back, rest 10 s. Sprint 60 m, run hard to the 78 m line, then jog back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line
2. Jog 22 m to the near tryline
3. Rest 10 s
4. Sprint 40 m to the 40 m mark
5. Jog 40 m to the near tryline
6. Rest 10 s
7. Sprint 60 m to the 60 m mark
8. Jog 60 m to the near tryline
9. Rest 10 s
10. Sprint 60 m to the 60 m mark
11. Run hard 18 m to the far 22 m line
12. Jog 78 m to the near tryline

400 m working distance per rep 1 reps (up to 3) 4 changes of direction per rep

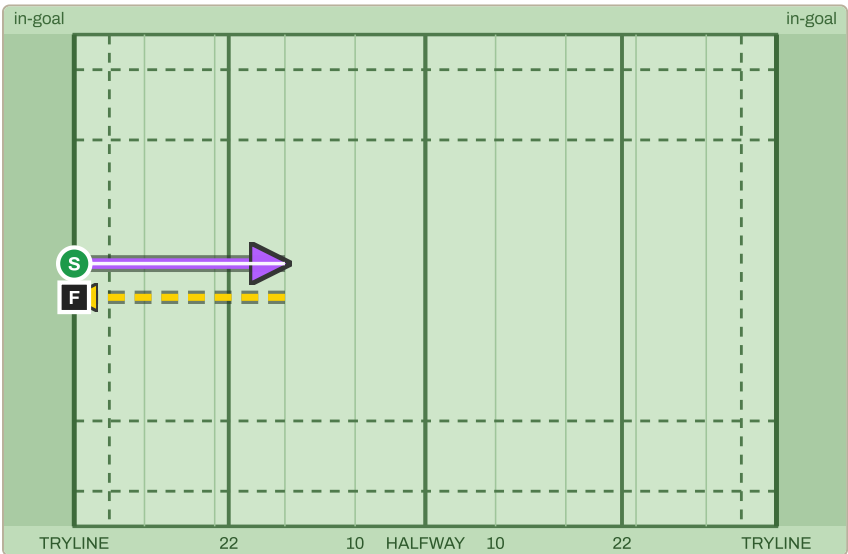
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Repeat 30s

Speed

Contents



Sprint 30 m, then jog back.

STEP BY STEP

1. Sprint 30 m to the 30 m mark
2. Jog 30 m to the near tryline

60 m working distance per rep, 480 m in 8 reps 8 reps (up to 10) 1 change of direction per rep

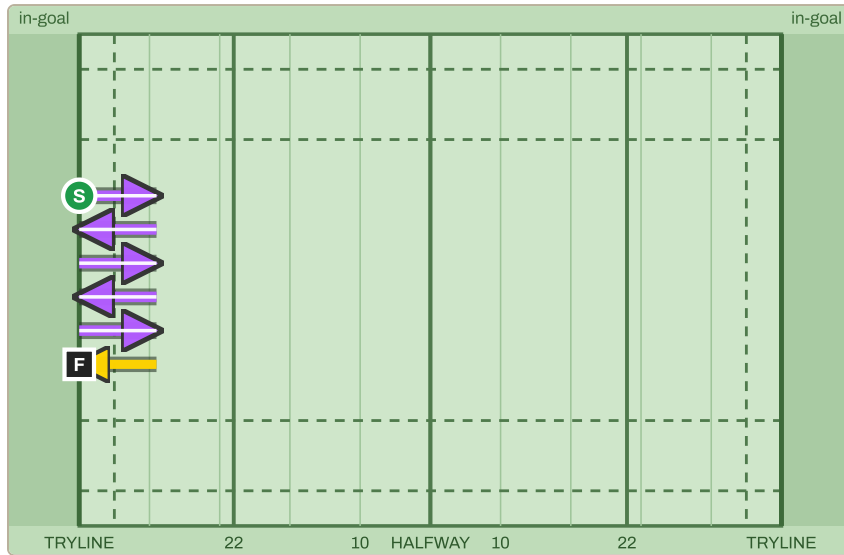
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Triple 11s

Speed

[Contents](#)



Sprint 11 m and back twice without a break, then sprint 11 m out and run back.

STEP BY STEP

1. Sprint 11 m to the 11 m mark
2. Sprint 11 m to the near tryline
3. Sprint 11 m to the 11 m mark
4. Sprint 11 m to the near tryline
5. Sprint 11 m to the 11 m mark
6. Run hard 11 m to the near tryline

66 m working distance per rep, 396 m in 6 reps 6 reps (up to 10) 5 changes of direction per rep

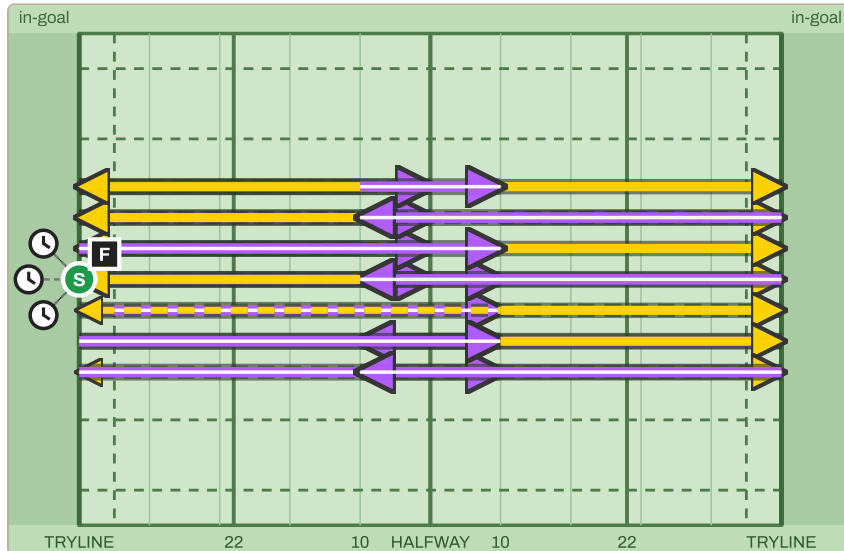
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Pyramid Repeats

Anaerobic

[Contents](#)



Sprint 50 m and jog back, four times. Rest 30 s, then sprint 60 m, run hard to the far tryline and jog back, three times, resting 30 s between. Rest 45 s, then run hard 200 m twice by sprinting 60 m, running hard to the far tryline, sprinting 40 m back and running hard home, resting 45 s between. Rest 60 s, then run hard 400 m the same way.

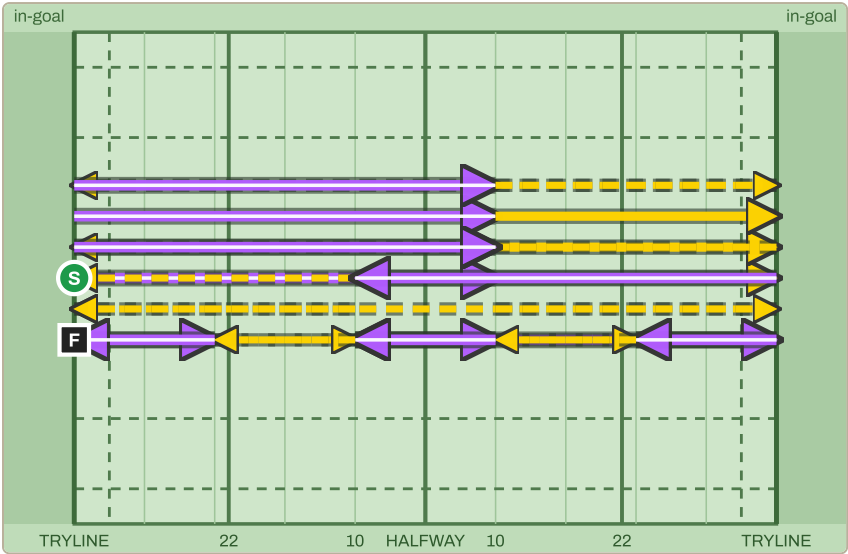
THE PATTERN

- **4 times:** Sprint 50 m → Jog 50 m
- **3 times:** Rest 30 s → Sprint 60 m → Run hard 40 m → Jog 100 m
- **2 times:** Rest 45 s → Sprint 60 m → Run hard 40 m → Sprint 60 m → Run hard 40 m
- Rest 60 s
- **4 times:** Sprint 60 m → Run hard 40 m

1800 m working distance per rep 1 reps (up to 2) 15 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.



Sprint 60 m and run hard to the far tryline, three times. Then sprint 60 m and jog 40 m, four times. Then sprint 20 m and jog 20 m, six times.

THE PATTERN

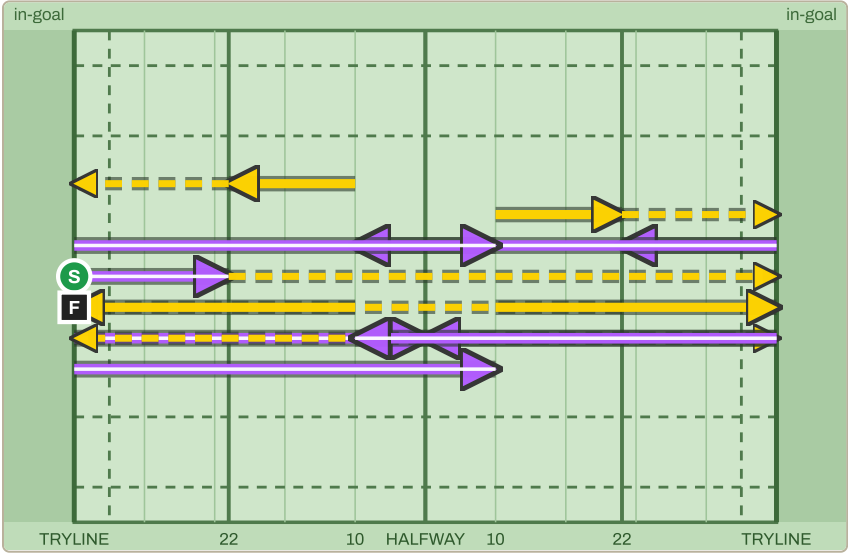
- **3 times:** Sprint 60 m → Run hard 40 m → Jog 100 m
- **4 times:** Sprint 60 m → Jog 40 m
- **2 times:** Sprint 20 m → Jog 20 m → Sprint 20 m → Jog 20 m → Sprint 20 m

1200 m working distance per rep 1 reps (up to 2) 11 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Build-Ups



Sprint 22 m and jog on to the far tryline, sprint 78 m back and jog home. Sprint 50 m and jog on to the far tryline, sprint 50 m back and jog home. Sprint 60 m, run hard to the 78 m line and jog on to the far tryline, sprint 60 m back and run hard to the 22 m line, then jog home. Sprint 60 m, run hard to the far tryline, sprint 60 m back and run hard home.

THE PATTERN

- **2 times:** Sprint 22 m → Jog 78 m
- **2 times:** Sprint 50 m → Jog 50 m
- **2 times:** Sprint 60 m → Run hard 18 m → Jog 22 m
- **2 times:** Sprint 60 m → Run hard 40 m

800 m working distance per rep 1 reps (up to 2) 7 changes of direction per rep

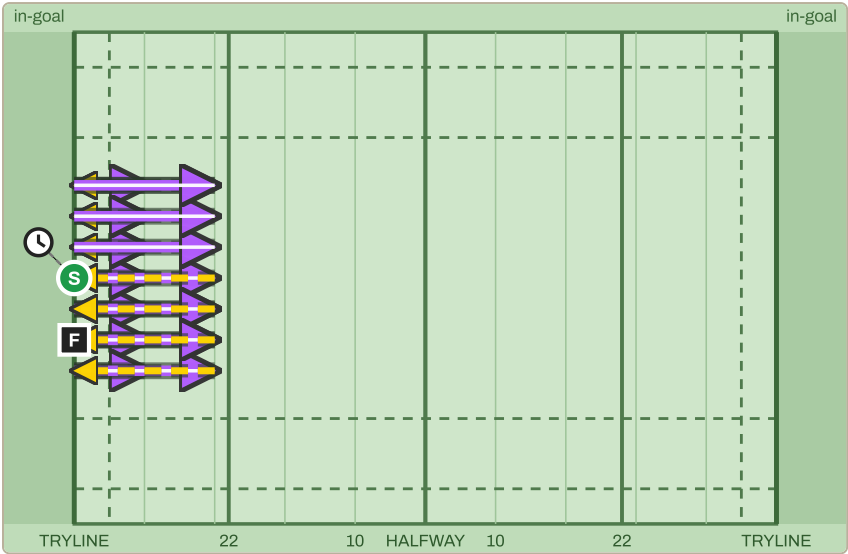
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Repeat Sprints: Short

Anaerobic

Contents



Do 10 maximal 10 m sprints, jogging back after each. Rest 2 min, then do 10 maximal 20 m sprints, jogging back after each.

THE PATTERN

- **10 times:** Sprint 10 m → Jog 10 m
- Rest 120 s
- **10 times:** Sprint 20 m → Jog 20 m

600 m working distance per rep 1 reps (up to 2) 38 changes of direction per rep

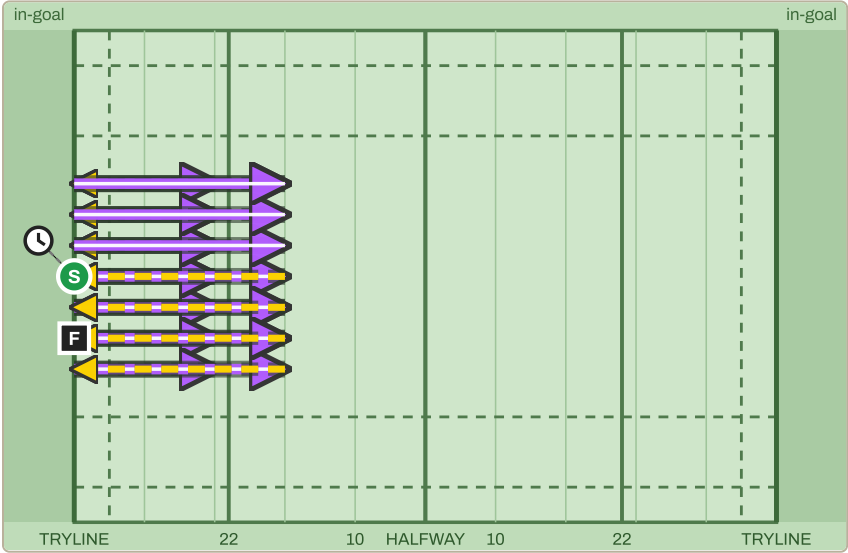
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Repeat Sprints: Medium

Anaerobic

Contents



Do 10 maximal 20 m sprints, jogging back after each. Rest 2 min, then do 10 maximal 30 m sprints, jogging back after each.

THE PATTERN

- **10 times:** Sprint 20 m → Jog 20 m
- Rest 120 s
- **10 times:** Sprint 30 m → Jog 30 m

1000 m working distance per rep 1 reps (up to 2) 38 changes of direction per rep

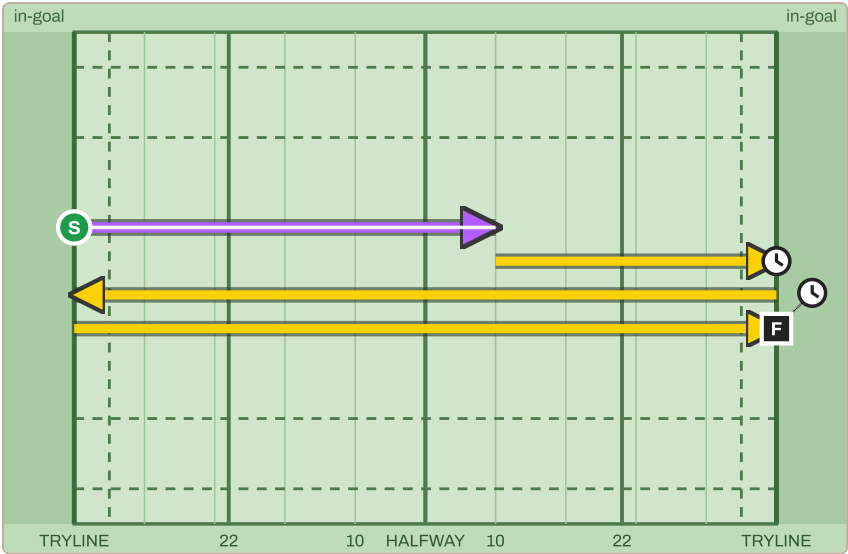
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

100/200 Drill

Repeated speed

Contents



Sprint 60 m and run hard on to 100 m, then rest 40 s. Run hard 200 m by running back and out again, then rest 20 s.

STEP BY STEP

1. Sprint 60 m to the 60 m mark
2. Run hard 40 m to the far tryline
3. Rest 40 s
4. Run hard 100 m to the near tryline
5. Run hard 100 m to the far tryline
6. Rest 20 s

300 m working distance per rep, 900 m in 3 reps 3 reps (up to 5) 1 change of direction per rep

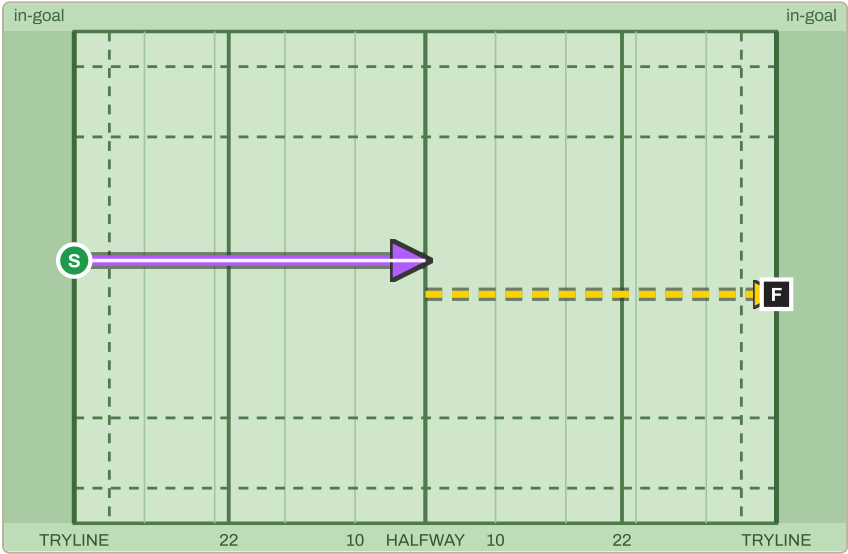
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic power, Aerobic recovery.

50s Jog-Through

Speed

Contents



Sprint 50 m in about 7 s, then jog through the rest of the field.

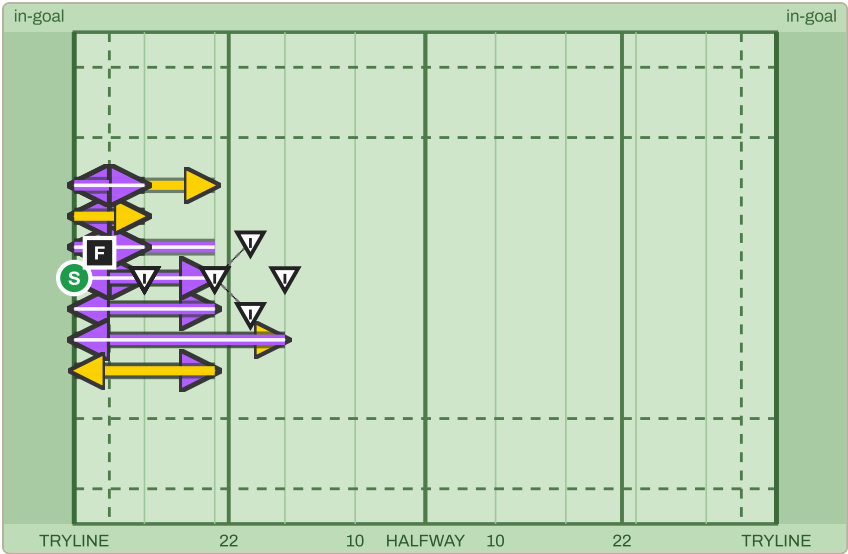
STEP BY STEP

1. Sprint 50 m to halfway
2. Jog 50 m to the far tryline

100 m working distance per rep, 1,000 m in 10 reps 10 reps (up to 10)

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. Alternate the direction each rep.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.



Do shuttles with a down-up at each far point: three of 10 m, two of 20 m, one of 30 m, then two of 20 m and three of 10 m, returning to the start each time.

THE PATTERN

- **3 times:** Sprint 10 m → Down-up → Sprint 10 m
- Run hard 20 m
- Down-up
- **2 times:** Sprint 20 m
- Down-up
- Sprint 20 m
- Run hard 30 m
- Down-up
- Sprint 30 m
- Sprint 20 m
- Down-up
- Run hard 20 m
- Sprint 20 m
- Down-up
- Sprint 20 m
- Sprint 10 m
- Down-up
- Sprint 10 m
- Run hard 10 m
- Down-up
- **2 times:** Sprint 10 m
- Down-up
- Sprint 10 m

340 m working distance per rep 1 reps (up to 2) 21 changes of direction per rep 11 down-ups per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Agility and acceleration

Acceleration, cutting and change of direction over short distances, run fast and fresh.

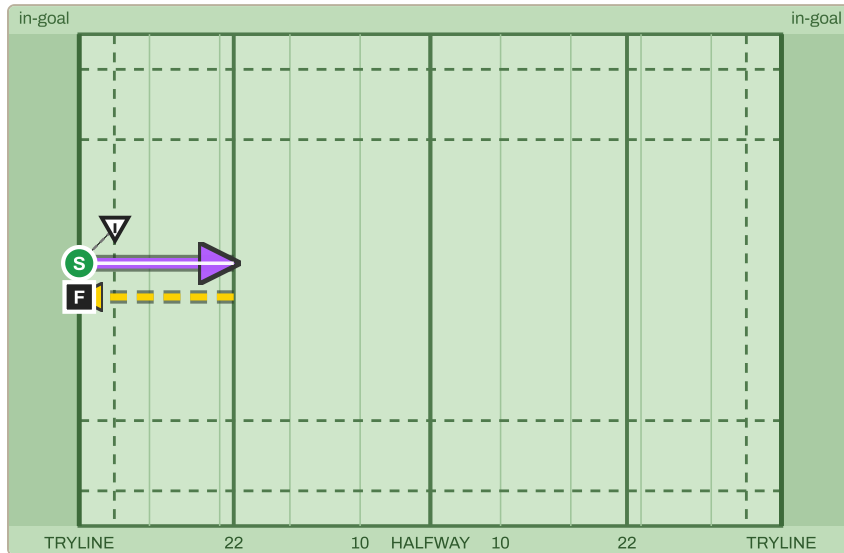
Speed

Default work to rest **1:4**, RPE 10

Chest-Start 22

Speed

Contents



Do a down-up, sprint 22 m, then jog back.

STEP BY STEP

1. Down-up: drop to your chest and get back up fast
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

44 m working distance per rep, 440 m in 10 reps **10** reps (up to 10) **1** change of direction per rep **1** down-up per rep

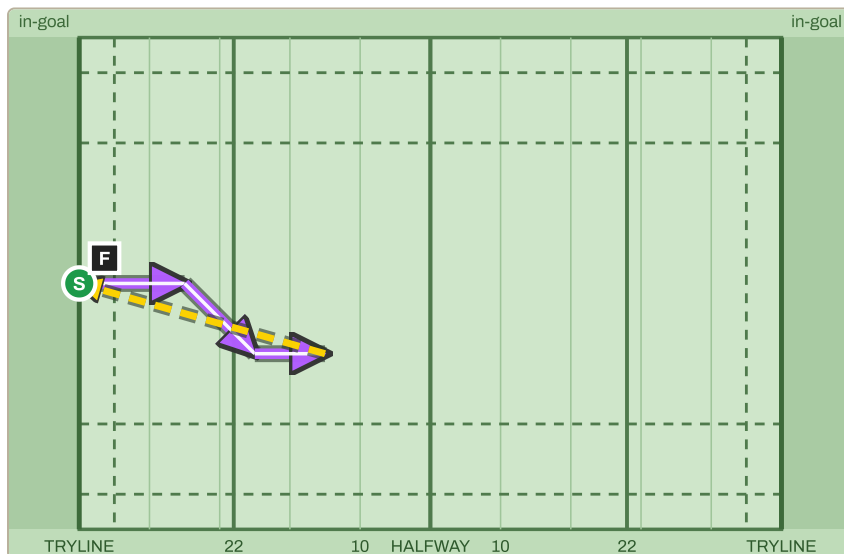
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

45 Degree Cut

Speed

Contents



Sprint 15 m, cut 45 degrees to one side and sprint on to 35 m, then jog back. Alternate sides each rep.

STEP BY STEP

1. Sprint 15 m to the 15 m mark
2. Sprint 14 m diagonally to the 25 m mark
3. Sprint 10 m to the 35 m mark
4. Jog 36 m diagonally to the near tryline

76 m working distance per rep, 304 m in 4 reps **4** reps (up to 8) **3** changes of direction per rep

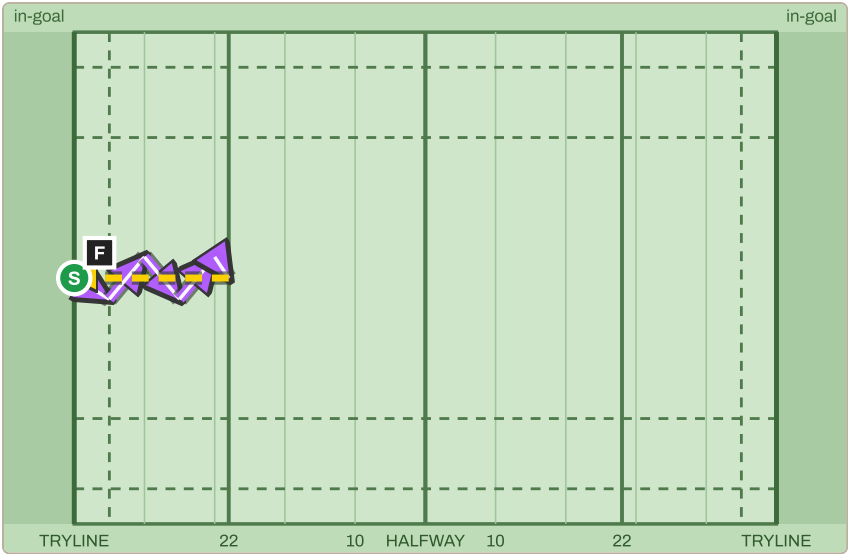
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Slalom Run 22m

Speed

Contents



Sprint 22 m, weaving left and right through five gates about 6 m wide, then jog back.

STEP BY STEP

- 1. Sprint 6 m to the 5 m mark
- 2. Sprint 8 m diagonally to the 10 m mark
- 3. Sprint 8 m diagonally to the 15 m mark
- 4. Sprint 8 m diagonally to the near 22 m line
- 5. Sprint 4 m to the near 22 m line
- 6. Jog 22 m to the near tryline

55 m working distance per rep, 165 m in 3 reps 3 reps (up to 6) 5 changes of direction per rep

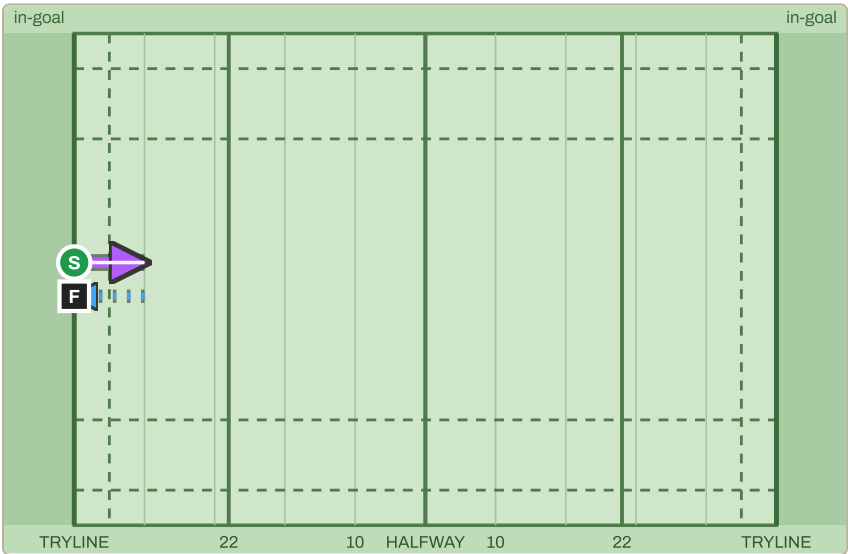
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

10m Acceleration

Speed

Contents



Sprint 10 m, then walk back.

STEP BY STEP

- 1. Sprint 10 m to the 10 m mark
- 2. Walk 10 m to the near tryline

10 m working distance per rep, 50 m in 5 reps 5 reps (up to 10)

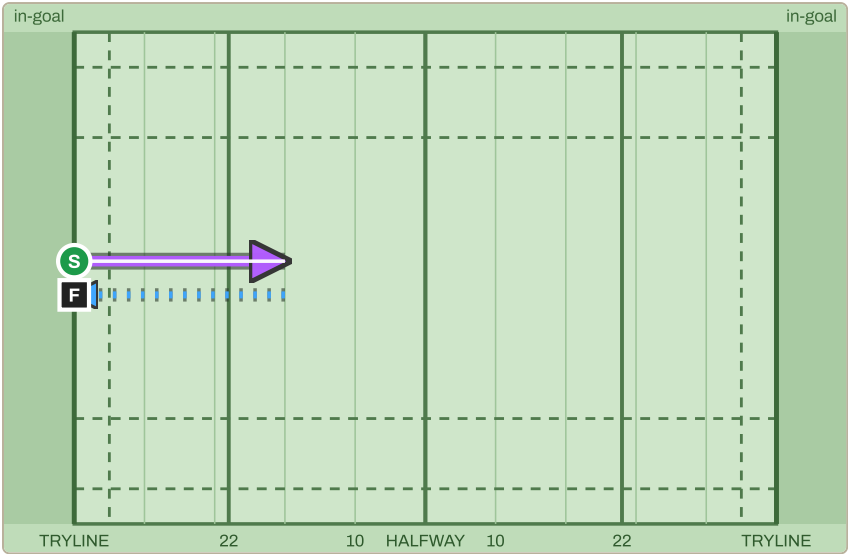
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

30m Acceleration

Speed

Contents



Sprint 30 m, then walk back.

STEP BY STEP

1. Sprint 30 m to the 30 m mark
2. Walk 30 m to the near tryline

30 m working distance per rep, 90 m in 3 reps 3 reps (up to 6)

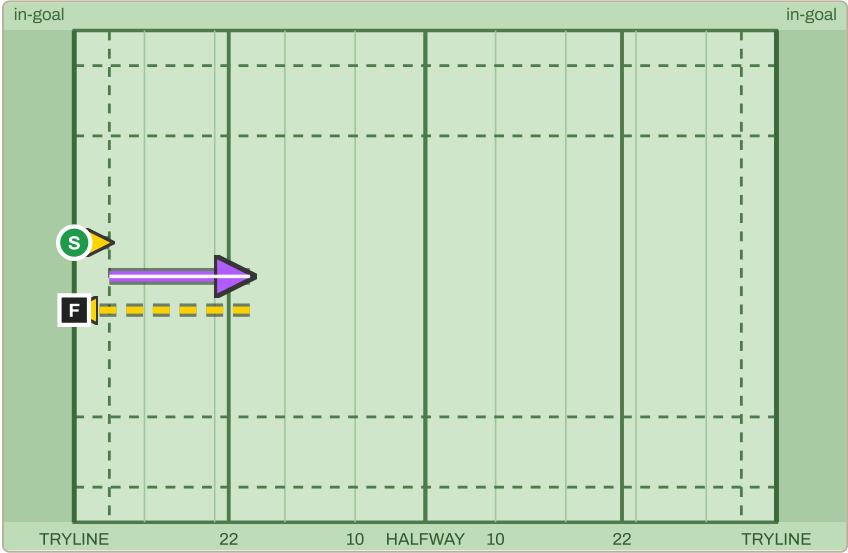
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Jog-in Acceleration 20

Speed

Contents



Jog 5 m, accelerate to a sprint over the next 20 m, then jog back.

STEP BY STEP

1. Jog 5 m to the 5 m mark
2. Sprint 20 m to the 25 m mark
3. Jog 25 m to the near tryline

50 m working distance per rep, 200 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

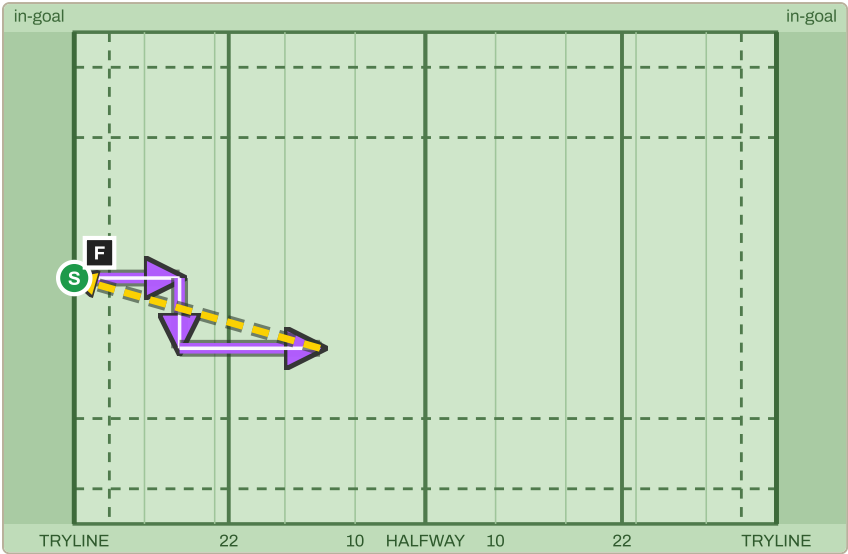
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

90 Degree Cut

Speed

Contents



Sprint 15 m, make a sharp 90 degree cut for 10 m, then turn and sprint on to 35 m. Jog back. Alternate sides each rep.

STEP BY STEP

1. Sprint 15 m to the 15 m mark
2. Sprint 10 m across the field to the 15 m mark
3. Sprint 20 m to the 35 m mark
4. Jog 36 m diagonally to the near tryline

81 m working distance per rep, 324 m in 4 reps 4 reps (up to 8) 3 changes of direction per rep

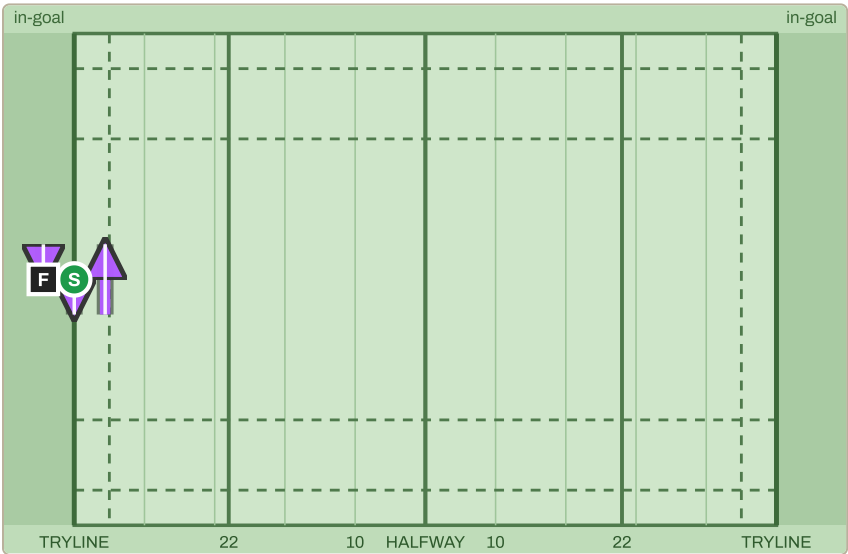
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Pro Agility 5-10-5

Speed

Contents



Start straddling the middle line. Sprint 5 m to your right and touch the line, sprint 10 m to your left and touch the line, then sprint 5 m back through the start line.

STEP BY STEP

1. Sprint 5 m across the field to the near tryline
2. Sprint 10 m across the field to the near tryline
3. Sprint 5 m across the field to the near tryline

20 m working distance per rep, 80 m in 4 reps 4 reps (up to 8) 2 changes of direction per rep

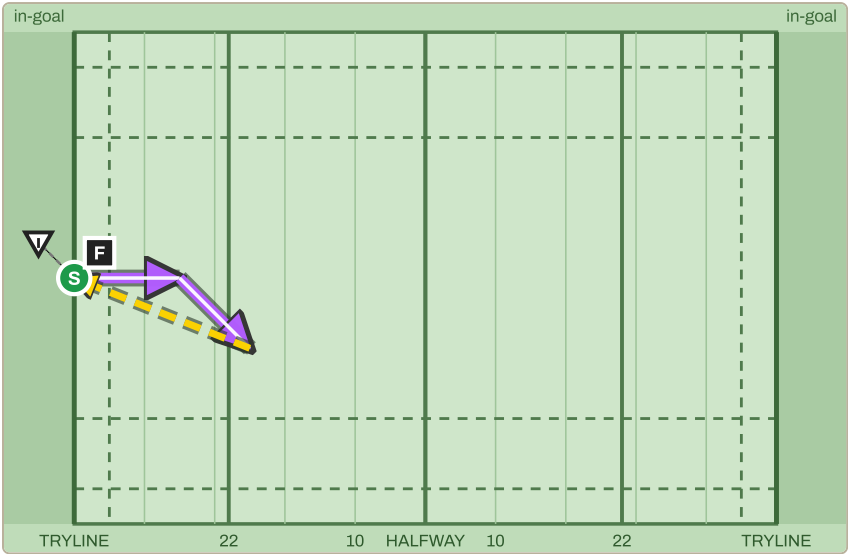
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Down-Up Cut

Speed

Contents



Do a down-up, sprint 15 m, cut 45 degrees to one side and sprint on to 25 m, then jog back. Alternate sides each rep.

STEP BY STEP

1. Down-up: drop to your chest and get back up fast
2. Sprint 15 m to the 15 m mark
3. Sprint 14 m diagonally to the 25 m mark
4. Jog 27 m diagonally to the near tryline

56 m working distance per rep, 224 m in 4 reps 4 reps (up to 8) 2 changes of direction per rep 1 down-up per rep

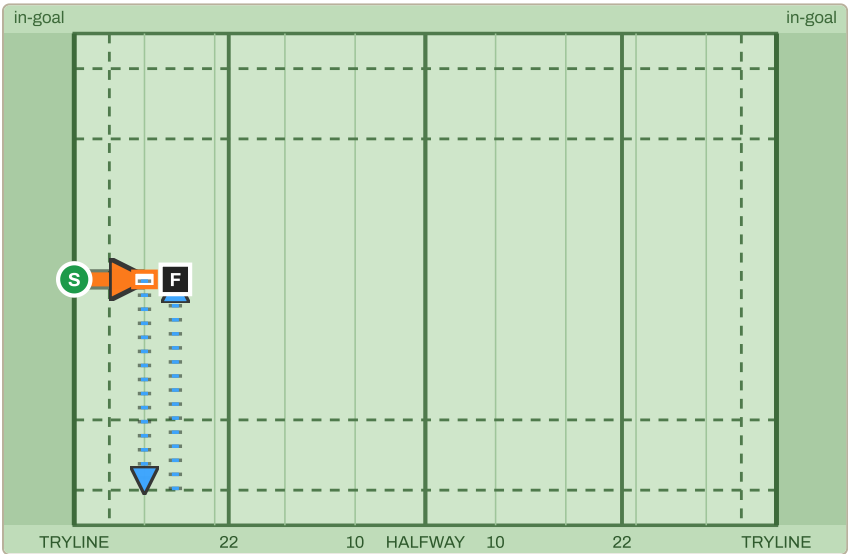
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Push 10m

Speed

Contents



Push a weighted sled 10 m from a standing start with your hands on the pads. Rest completely at the sled by walking 30 m out and back to it. The sled stays at the far end and the next rep takes it back. In pairs, start at opposite ends and walk back to your own start line.

STEP BY STEP

1. Sled push 10 m to the 10 m mark
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled

10 m working distance per rep, 40 m in 4 reps 4 reps (up to 8)

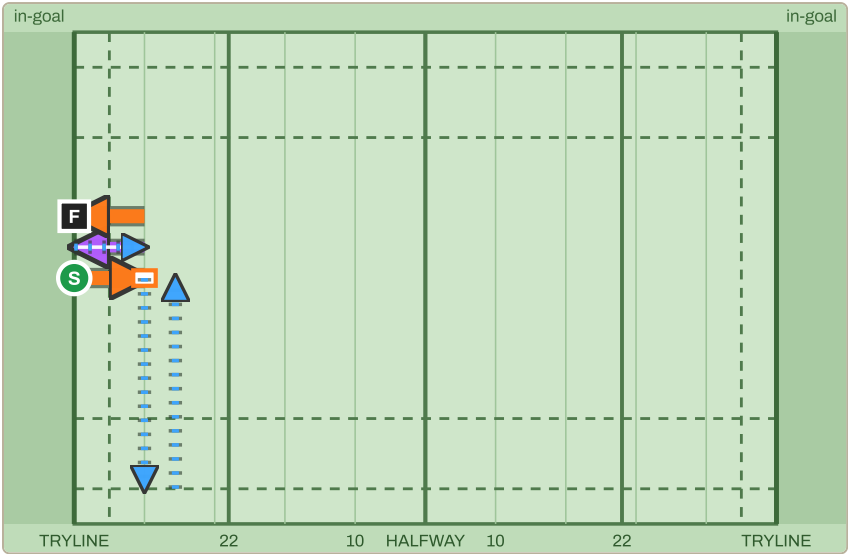
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last. The sled stays where it ends and the next rep takes it back.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Sled Push Contrast 10m

Speed

Contents



Push a weighted sled 10 m, then sprint 10 m free back to the start. Walk to the sled and take it back so every rep starts where the sled is. Rest completely at the sled by walking 30 m out and back to it after the first leg.

STEP BY STEP

1. Sled push 10 m to the 10 m mark
2. Rest at the sled: walk 30 m across the field
3. Walk 30 m back to the sled
4. Sprint 10 m to the near tryline
5. Walk 10 m to the sled
6. Sled push 10 m to the near tryline

30 m working distance per rep, 120 m in 4 reps 4 reps (up to 8)

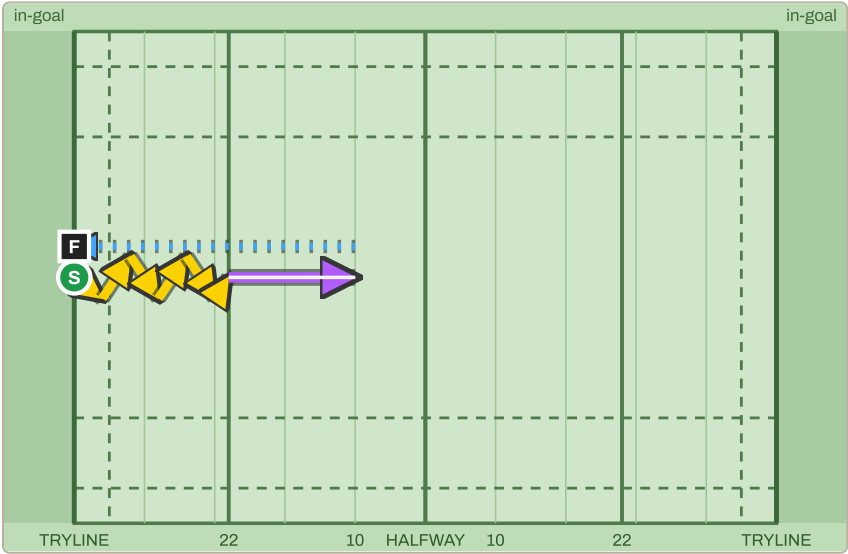
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Weave and Go

Speed

Contents



Weave through six cones over 22 m, then sprint on to the 40 m line. Walk back.

STEP BY STEP

1. Run hard 5 m to the 4 m mark
2. Run hard 7 m diagonally to the 8 m mark
3. Run hard 7 m diagonally to the 12 m mark
4. Run hard 7 m diagonally to the 16 m mark
5. Run hard 7 m diagonally to the near 22 m line
6. Run hard 4 m to the near 22 m line
7. Sprint 18 m to the 40 m mark
8. Walk 40 m to the near tryline

55 m working distance per rep, 550 m in 10 reps 10 reps (up to 10) 6 changes of direction per rep

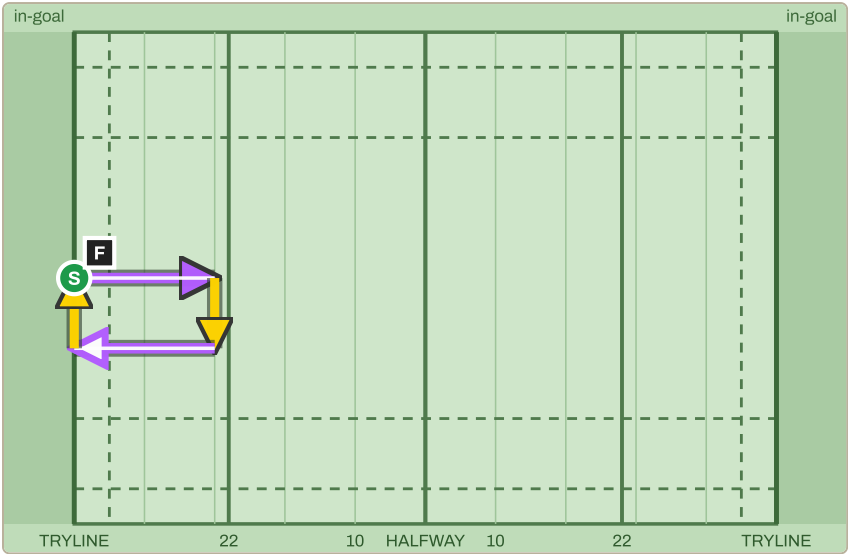
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed, Mixed fuel.

Box Pattern

Repeated speed

Contents



Sprint 20 m, side shuffle 10 m, sprint backwards 20 m, then carioca 10 m back to the start. Alternate sides each lap.

STEP BY STEP

1. Sprint 20 m to the near 22 m line
2. Run hard 10 m across the field to the near 22 m line
3. Sprint backwards 20 m to the near tryline
4. Run hard 10 m across the field to the near tryline

60 m working distance per rep, 480 m in 8 reps 8 reps (up to 10) 3 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Curve Zag Swerve

Curve, zag and swerve patterns at speed. Short, sharp efforts that build up fatigue.

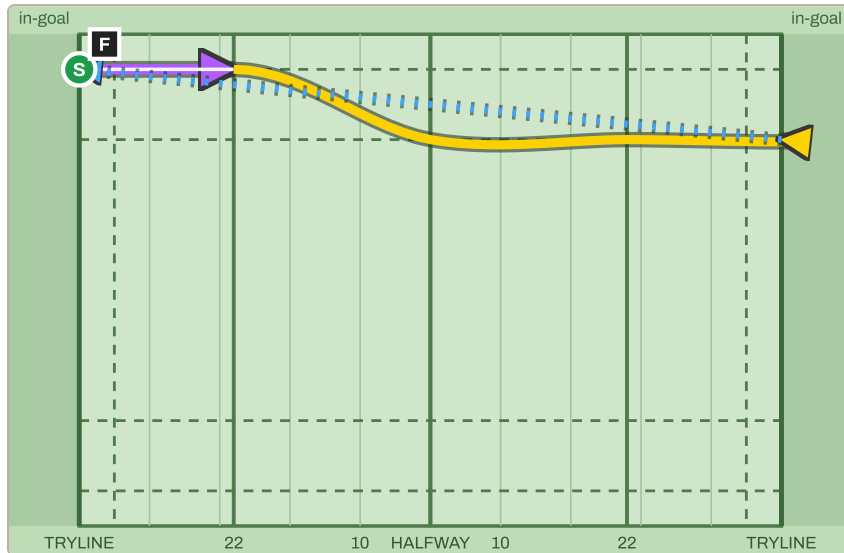
Repeated speed

Default work to rest **2:1** or **1:1**, RPE 10

Single Curve In

Repeated speed

Contents



Sprint 22 m along the 5 m line, then run hard through one gentle curve in to the 15 m line, finishing at the far tryline. Walk back.

STEP BY STEP

1. Sprint 22 m to the near 22 m line (touchline)
2. Run hard 83 m on a curved line to the far tryline
3. Walk 100 m diagonally to the near tryline (touchline)

105 m working distance per rep, 420 m in 4 reps 4 reps (up to 6)

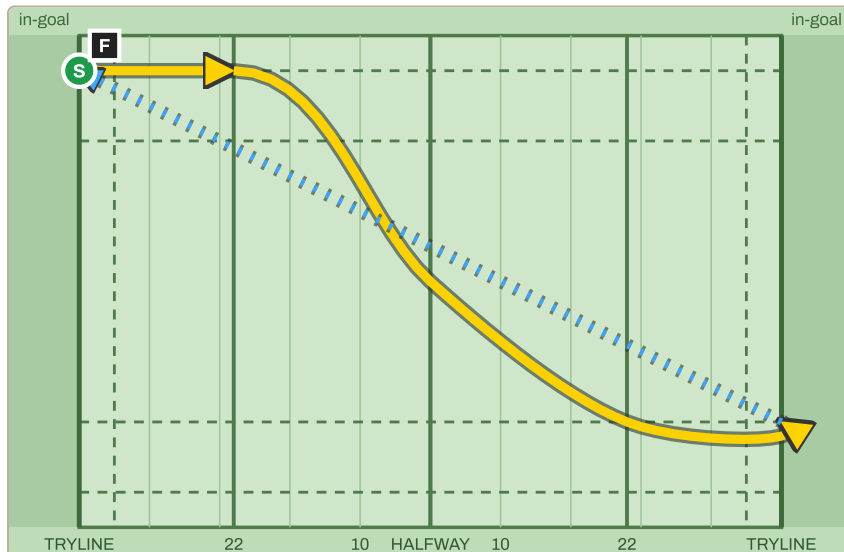
Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Single Curve Across

Repeated speed

Contents



Run hard 22 m along the 5 m line, then run hard through one long curve across the centre spot to the far side. Walk back.

STEP BY STEP

1. Run hard 22 m to the near 22 m line (touchline)
2. Run hard 103 m on a curved line to the far tryline
3. Walk 112 m diagonally to the near tryline (touchline)

125 m working distance per rep, 500 m in 4 reps 4 reps (up to 6)

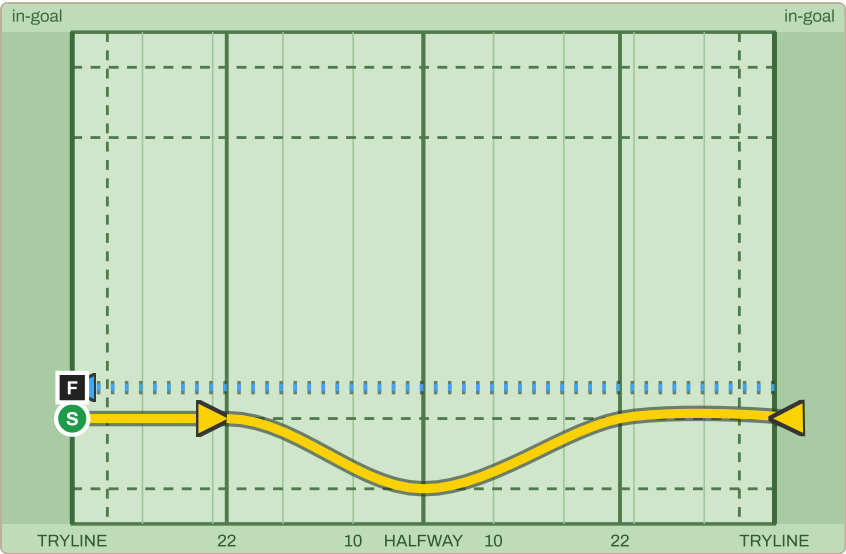
Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Banana Run

Repeated speed

Contents



Run hard 22 m, then run hard in an arc out toward the touchline at halfway and back in by the far 22 m line. Walk back.

STEP BY STEP

- 1. Run hard 22 m to the near 22 m line
- 2. Run hard 85 m on a curved line to the far tryline
- 3. Walk 100 m to the near tryline

107 m working distance per rep, 428 m in 4 reps 4 reps (up to 6)

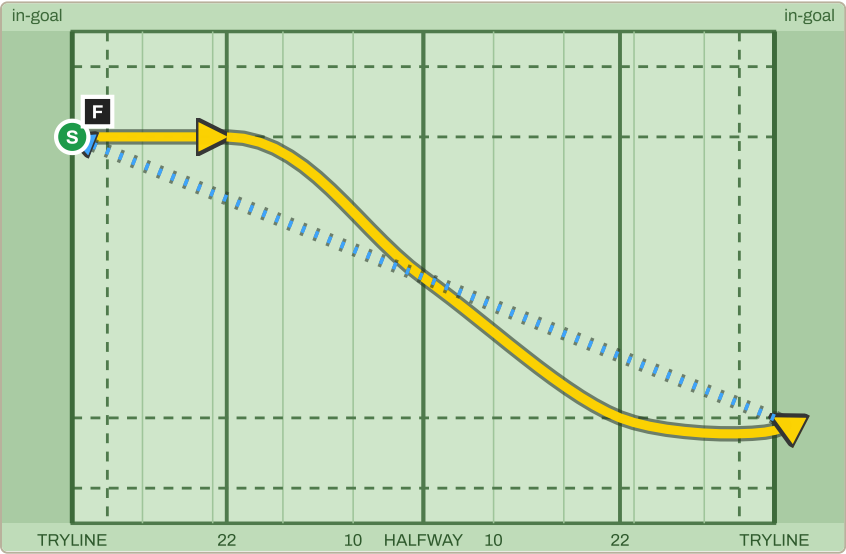
Start at the near tryline, 20 m in from the centre. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

S-Curve

Repeated speed

Contents



Run hard 22 m, then run hard through an S-shaped curve through the centre spot to the far 15 m line. Walk back.

STEP BY STEP

- 1. Run hard 22 m to the near 22 m line
- 2. Run hard 95 m on a curved line to the far tryline
- 3. Walk 108 m diagonally to the near tryline

117 m working distance per rep, 468 m in 4 reps 4 reps (up to 6)

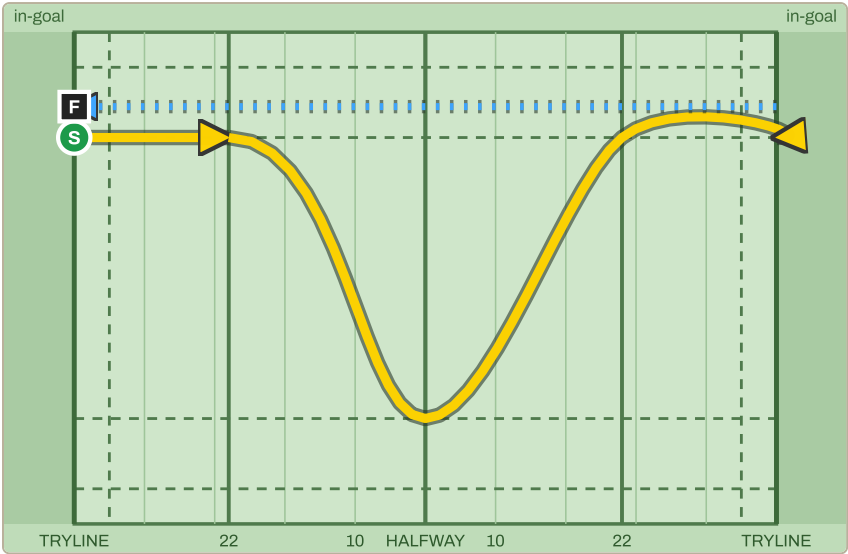
Start at the near tryline, 20 m in from the centre. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Double S

Repeated speed

Contents



Run hard 22 m, then curve across to the far 15 m line at halfway and back to the near 15 m line by the far 22 m line. Walk back.

STEP BY STEP

- 1. Run hard 22 m to the near 22 m line
- 2. Run hard 127 m on a curved line to the far tryline
- 3. Walk 100 m to the near tryline

149 m working distance per rep, 596 m in 4 reps 4 reps (up to 6)

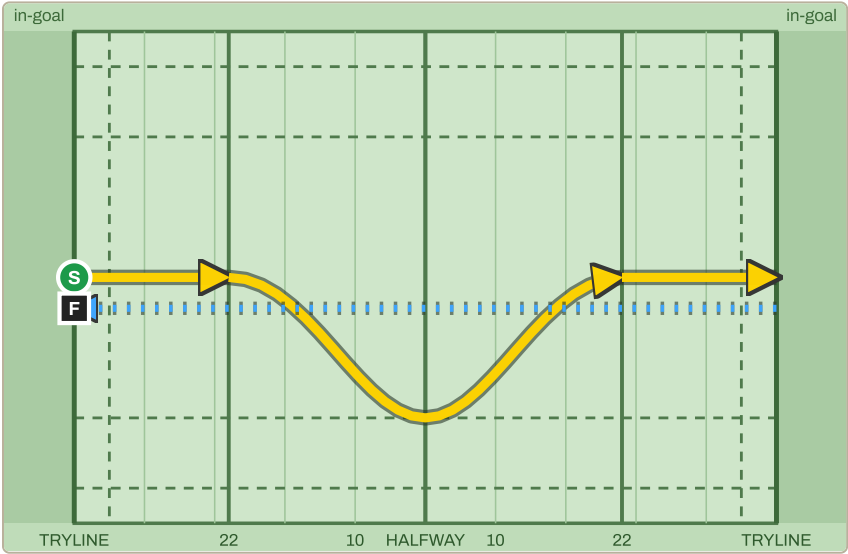
Start at the near tryline, 20 m in from the centre. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Swerve Around 50

Repeated speed

Contents



Run hard along the centre line to the 22 m line, swerve wide around halfway, then return to the centre line. Walk back.

STEP BY STEP

- 1. Run hard 22 m to the near 22 m line
- 2. Run hard 71 m on a curved line to the far 22 m line
- 3. Run hard 22 m to the far tryline
- 4. Walk 100 m to the near tryline

115 m working distance per rep, 460 m in 4 reps 4 reps (up to 6)

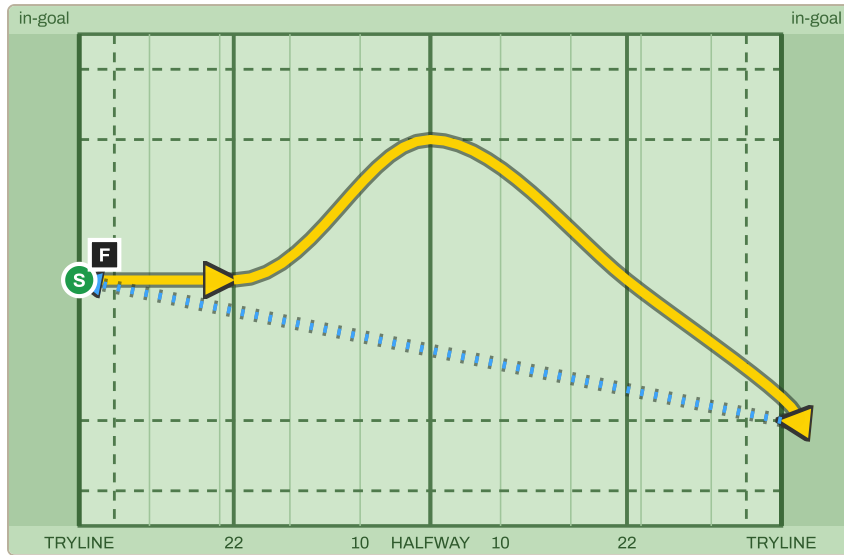
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Double Swerve

Repeated speed

[Contents](#)



Run hard along the centre line to the 22 m line, swerve left at halfway, return to the centre line by the far 22 m line, then swerve right toward the 15 m line. Walk back.

STEP BY STEP

1. Run hard 22 m to the near 22 m line
2. Run hard 104 m on a curved line to the far tryline
3. Walk 102 m diagonally to the near tryline

126 m working distance per rep, 504 m in 4 reps 4 reps (up to 6)

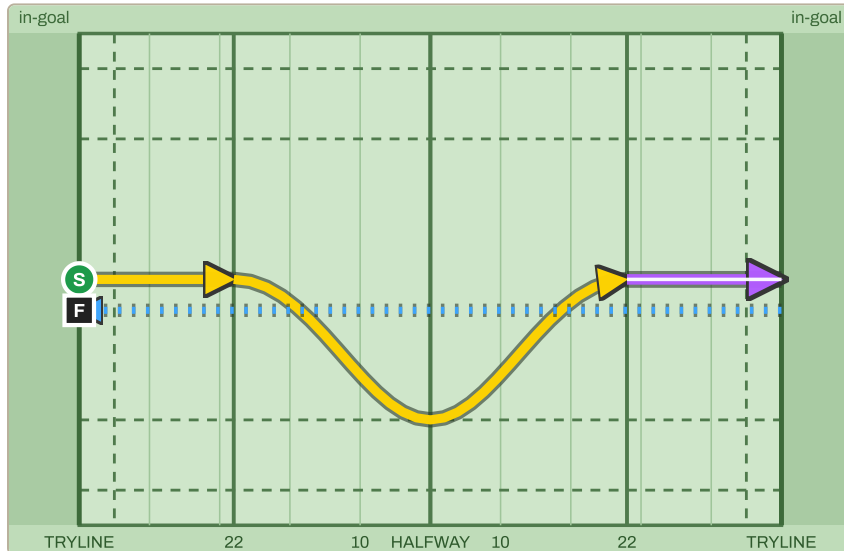
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Swerve and Accelerate

Repeated speed

[Contents](#)



Run hard along the centre line, swerve around halfway, then sprint straight from the far 22 m line to the far tryline. Walk back.

STEP BY STEP

1. Run hard 22 m to the near 22 m line
2. Run hard 71 m on a curved line to the far 22 m line
3. Sprint 22 m to the far tryline
4. Walk 100 m to the near tryline

115 m working distance per rep, 460 m in 4 reps 4 reps (up to 6)

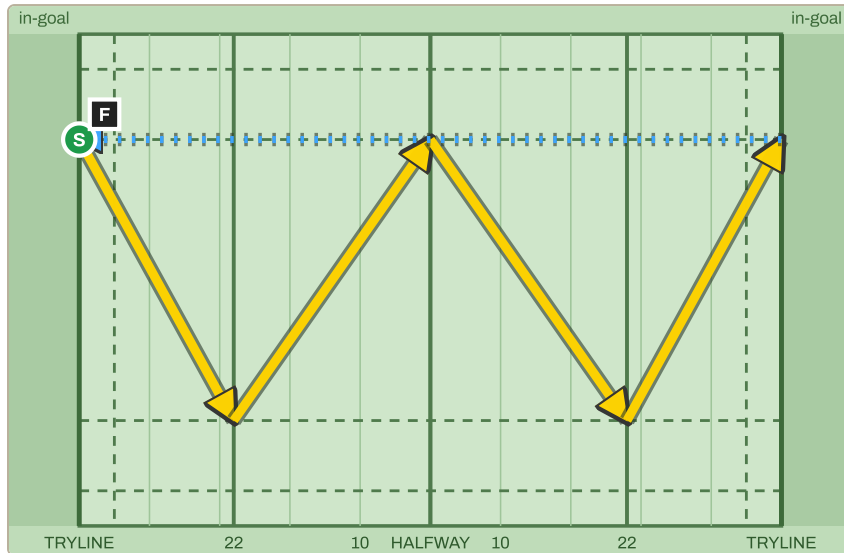
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Zig-Zag 22s

Repeated speed

[Contents](#)



Run hard 22 m, then zig-zag between the 15 m lines at the 22 m line, halfway and the far 22 m line. Each sharp turn counts as a change of direction. Walk back.

STEP BY STEP

1. Run hard 46 m diagonally to the near 22 m line
2. Run hard 49 m diagonally to halfway
3. Run hard 49 m diagonally to the far 22 m line
4. Run hard 46 m diagonally to the far tryline
5. Walk 100 m to the near tryline

189 m working distance per rep, 756 m in 4 reps **4** reps (up to 6) **3** changes of direction per rep

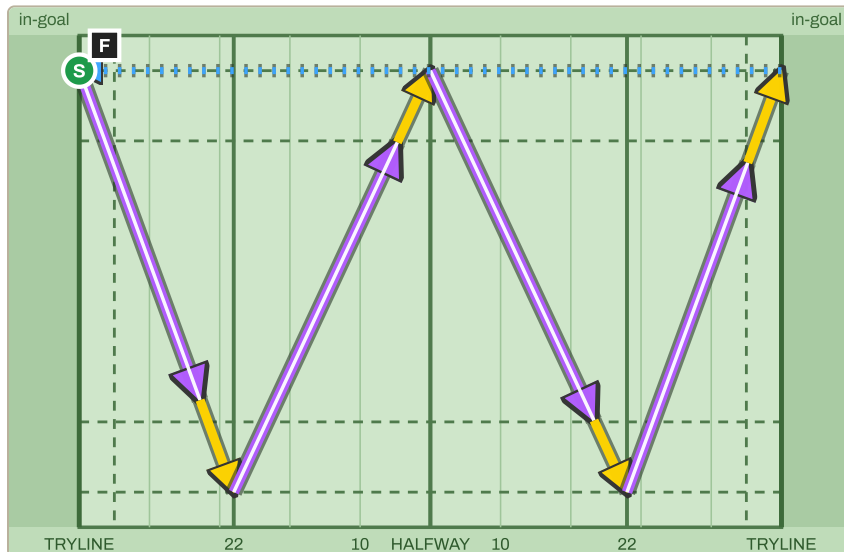
Start at the near tryline, 20 m in from the centre. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Zig-Zag Wide Sprint

Anaerobic

[Contents](#)



Zig-zag between the 5 m lines. Sprint most of each long diagonal leg and run hard through the end of each, with three sharp changes of direction. Walk back.

STEP BY STEP

1. Sprint 50 m diagonally to the 17 m mark
2. Run hard 14 m diagonally to the near 22 m line (touchline)
3. Sprint 55 m diagonally to the 45 m mark
4. Run hard 11 m diagonally to halfway (touchline)
5. Sprint 55 m diagonally to the 73 m mark
6. Run hard 11 m diagonally to the far 22 m line (touchline)
7. Sprint 50 m diagonally to the 95 m mark
8. Run hard 14 m diagonally to the far tryline (touchline)
9. Walk 100 m to the near tryline (touchline)

260 m working distance per rep, 1,040 m in 4 reps **4** reps (up to 6) **3** changes of direction per rep

Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic recovery.

Contact fitness

Fitness drills that add ground work, exercises and contact skills to running. Hard work, short rest.

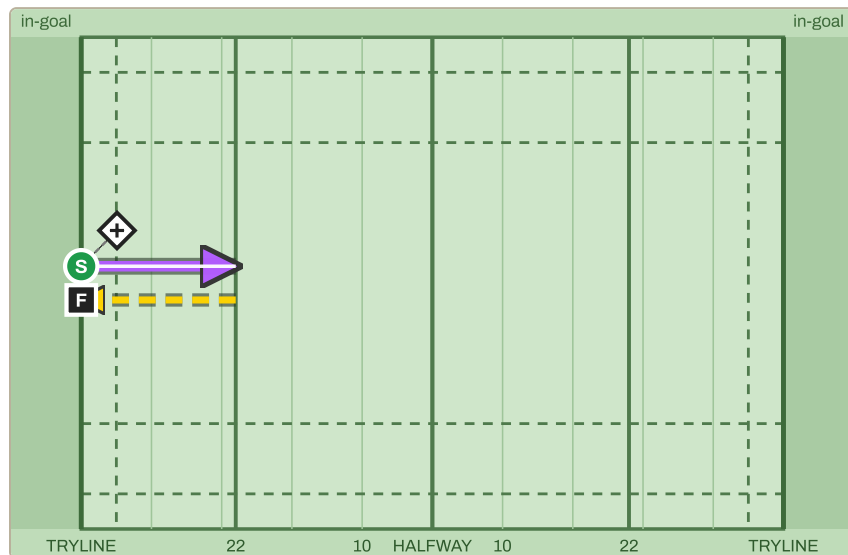
Anaerobic

Default work to rest **3:1 or 2:1**, RPE 9

Kneeling Wrestle to Sprint

Anaerobic

Contents



Start kneeling facing a partner. Wrestle for 8 s, then get up and sprint 22 m. Jog back.

STEP BY STEP

1. Kneeling wrestle for 8 s
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps **4** reps (up to 8) **1** change of direction per rep

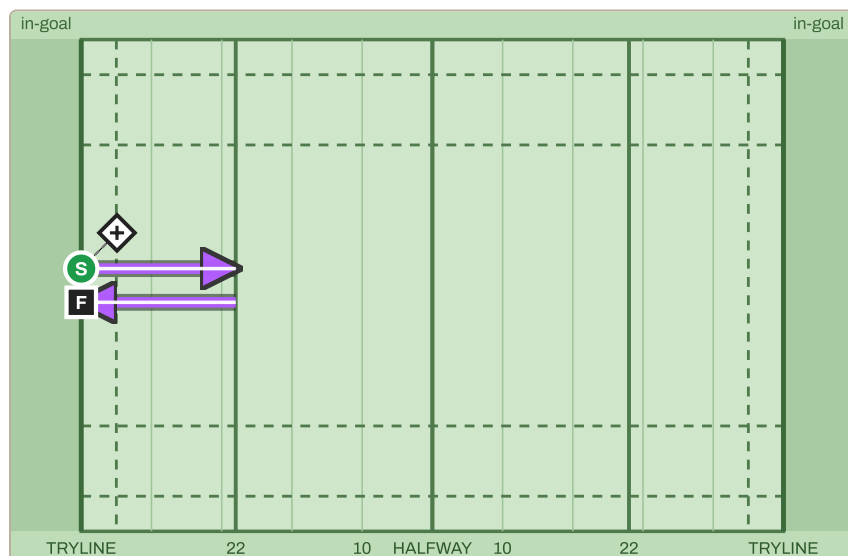
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Standing Wrestle to Shuttle

Anaerobic

Contents



Wrestle a partner standing for 6 s, rotating and circling. Then sprint 22 m and back.

STEP BY STEP

1. Standing wrestle for 6 s
2. Sprint 22 m to the near 22 m line
3. Sprint 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps **4** reps (up to 8) **1** change of direction per rep

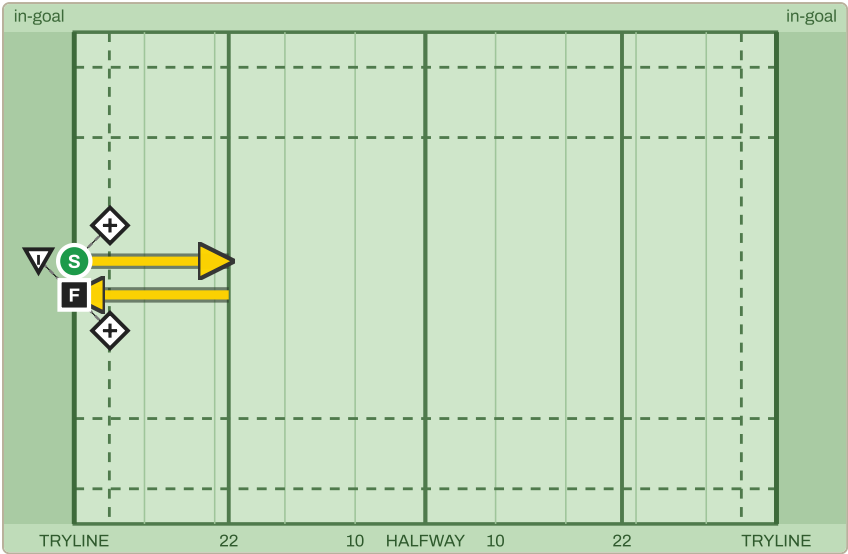
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Hit, Run, Down-Up, Hit

Mixed fuel

Contents



Hit a shield held by a partner once, driving about 2.5 m. Run hard 22 m and back, do a down-up, then hit the shield once more, driving about 2.5 m.

STEP BY STEP

1. 1 hits on the hit shield
2. Run hard 22 m to the near 22 m line
3. Run hard 22 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. 1 hits on the hit shield

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep 1 down-up per rep

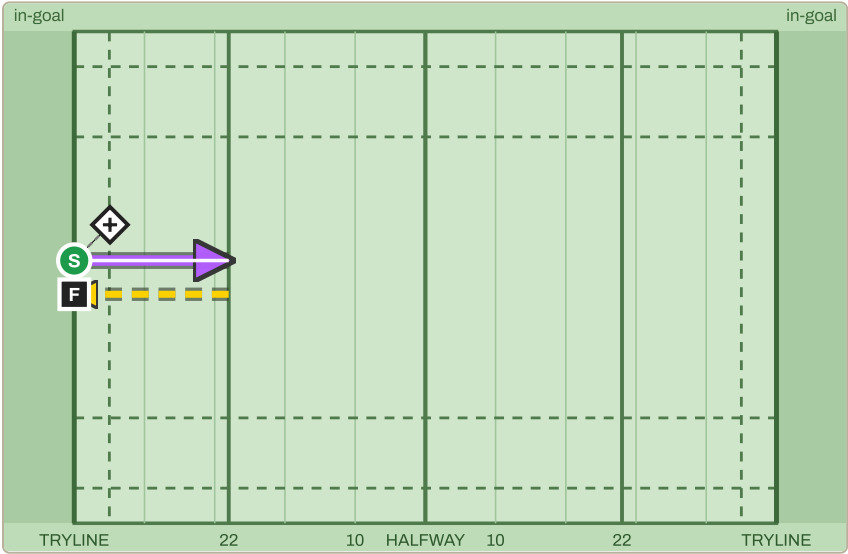
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Hit Shield to Sprint

Anaerobic

Contents



Hit a shield held by a partner twice, driving about 2.5 m on each hit. Get up and sprint 22 m, then jog back.

STEP BY STEP

1. 2 hits on the hit shield
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

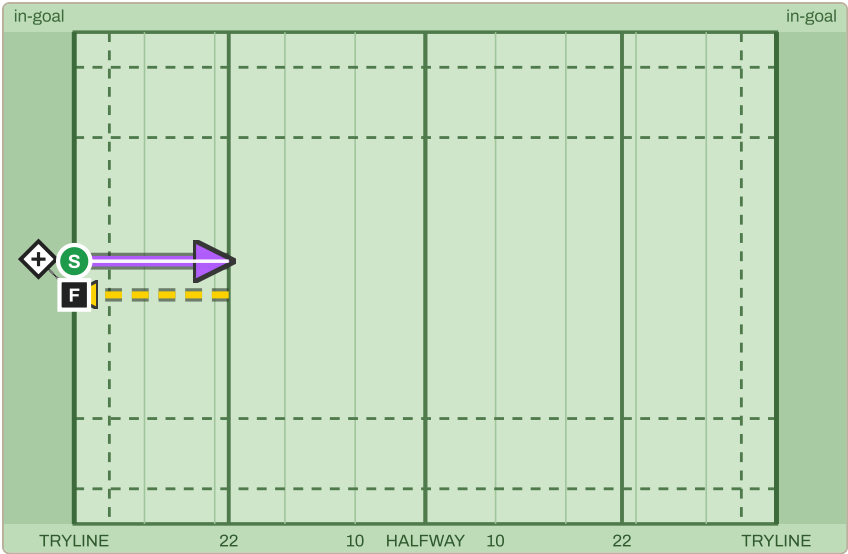
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Sprint to Hit Shield Finish

Anaerobic

Contents



Sprint 22 m and jog back to a partner holding a shield. Hit the shield twice, driving about 2.5 m on each hit.

STEP BY STEP

- 1. Sprint 22 m to the near 22 m line
- 2. Jog 22 m to the near tryline
- 3. 2 hits on the hit shield

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

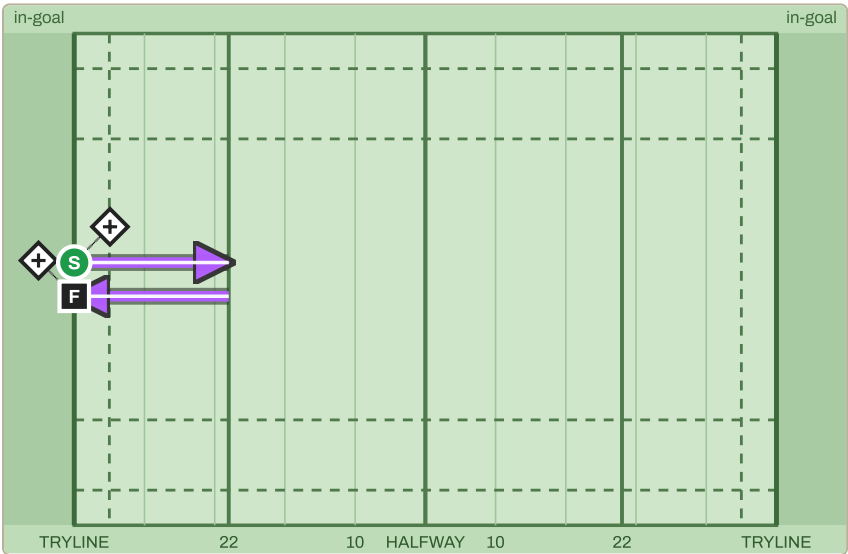
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Wrestle Start and Finish

Repeated speed

Contents



Wrestle a partner kneeling for 6 s. Get up, sprint 22 m and back, then wrestle standing for 6 s.

STEP BY STEP

- 1. Kneeling wrestle for 6 s
- 2. Sprint 22 m to the near 22 m line
- 3. Sprint 22 m to the near tryline
- 4. Standing wrestle for 6 s

44 m working distance per rep, 132 m in 3 reps 3 reps (up to 6) 1 change of direction per rep

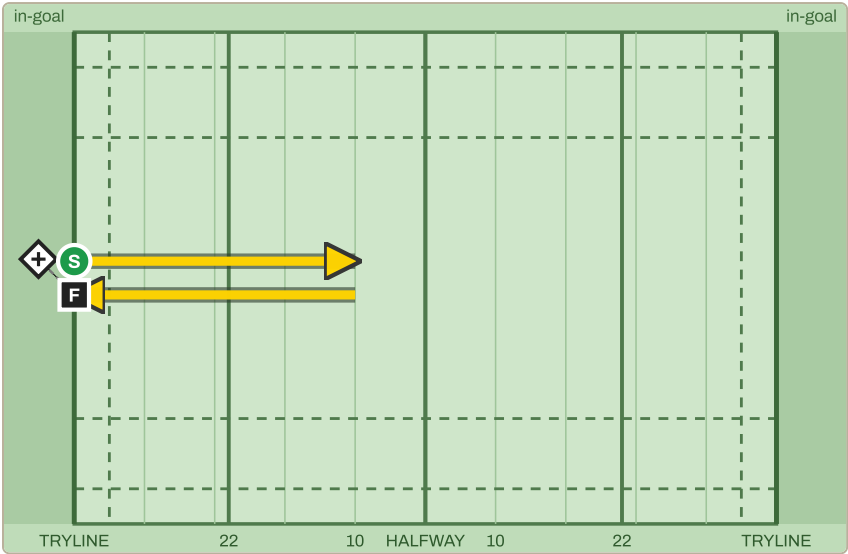
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic.

Run and Hit Shield 40

Mixed fuel

Contents



Run hard 40 m and back to a partner holding a shield. Hit the shield three times, driving about 2.5 m on each hit.

STEP BY STEP

- 1. Run hard 40 m to the 40 m mark
- 2. Run hard 40 m to the near tryline
- 3. 3 hits on the hit shield

80 m working distance per rep, 320 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

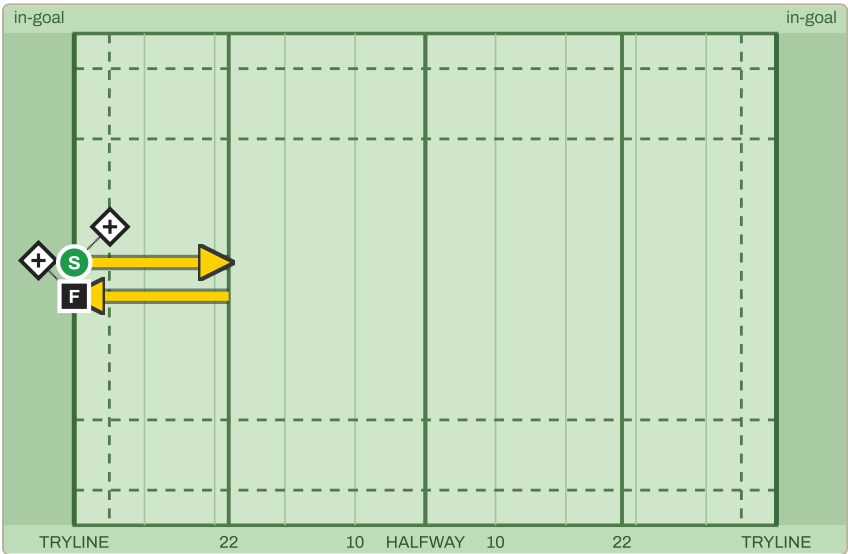
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Hit Shield to Standing Wrestle

Mixed fuel

Contents



Hit a shield held by a partner twice, driving about 2.5 m on each hit. Run hard 22 m and back, then wrestle standing for 5 s.

STEP BY STEP

- 1. 2 hits on the hit shield
- 2. Run hard 22 m to the near 22 m line
- 3. Run hard 22 m to the near tryline
- 4. Standing wrestle for 5 s

44 m working distance per rep, 132 m in 3 reps 3 reps (up to 6) 1 change of direction per rep

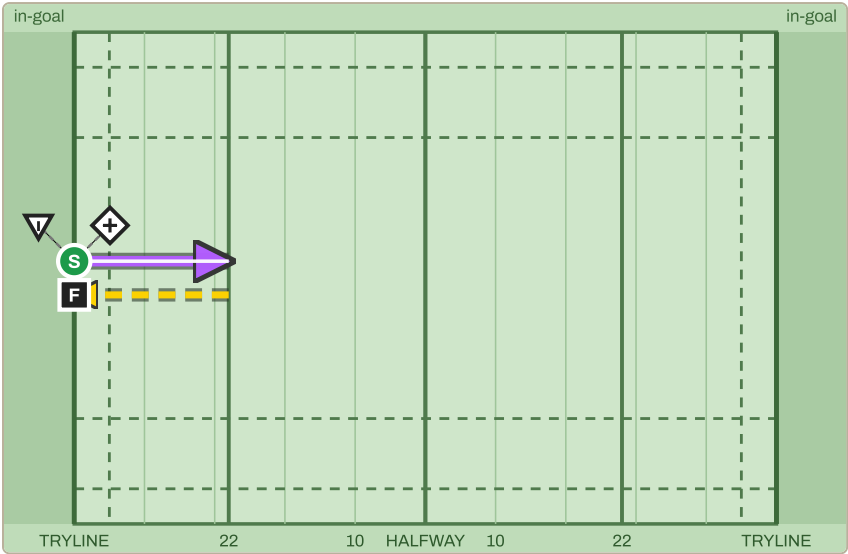
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Hit, Down-Up, Sprint

Anaerobic

Contents



Hit a shield held by a partner once, driving about 2.5 m. Do a down-up, then get up and sprint 22 m. Jog back.

STEP BY STEP

- 1. 1 hits on the hit shield
- 2. Down-up: drop to your chest and get back up fast
- 3. Sprint 22 m to the near 22 m line
- 4. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep 1 down-up per rep

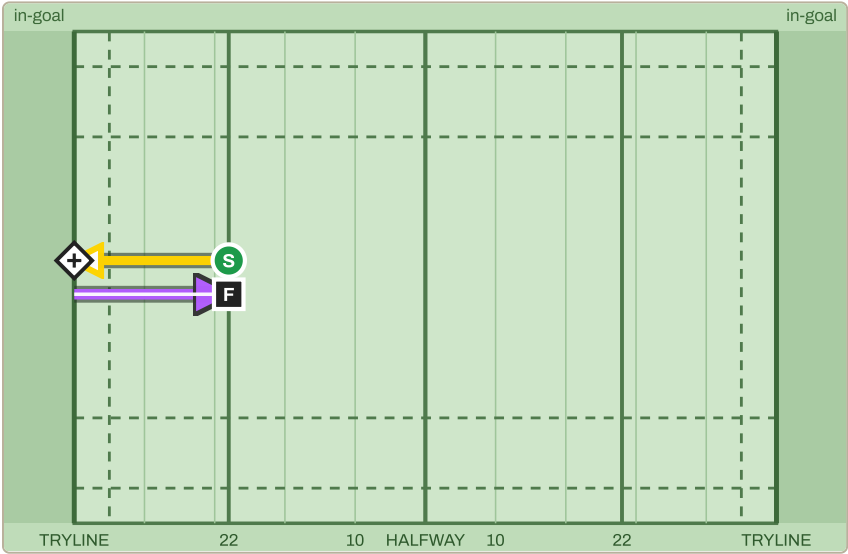
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Backpedal to Hit Shield

Repeated speed

Contents



Start at the 22 m line. Backpedal to the tryline, hit a shield held by a partner twice, driving about 2.5 m on each hit, then sprint back out to the 22 m line.

STEP BY STEP

- 1. Backpedal 22 m to the near tryline
- 2. 2 hits on the hit shield
- 3. Sprint 22 m to the near 22 m line

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

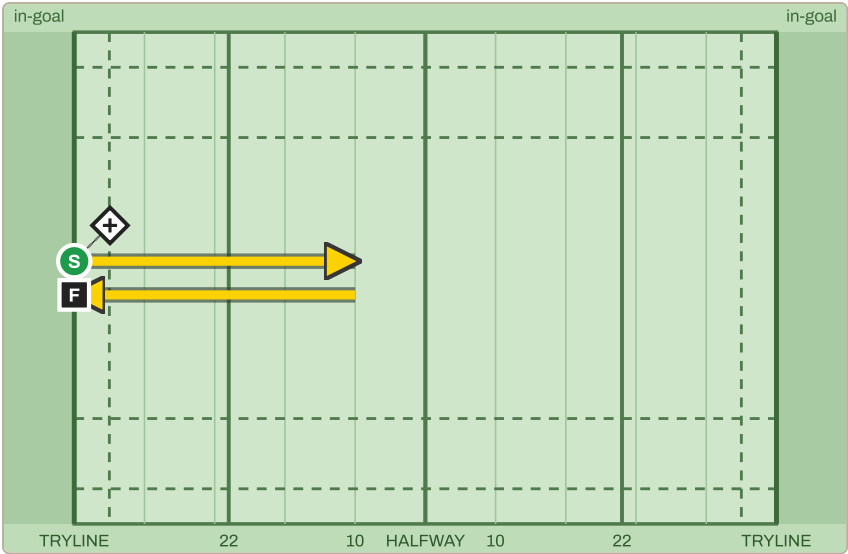
Start at the near 22 m line. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10.

Kneeling Wrestle to Run 40

Mixed fuel

Contents



Start kneeling facing a partner. Wrestle for 8 s, then get up and run hard 40 m and back.

STEP BY STEP

- 1. Kneeling wrestle for 8 s
- 2. Run hard 40 m to the 40 m mark
- 3. Run hard 40 m to the near tryline

80 m working distance per rep, 320 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

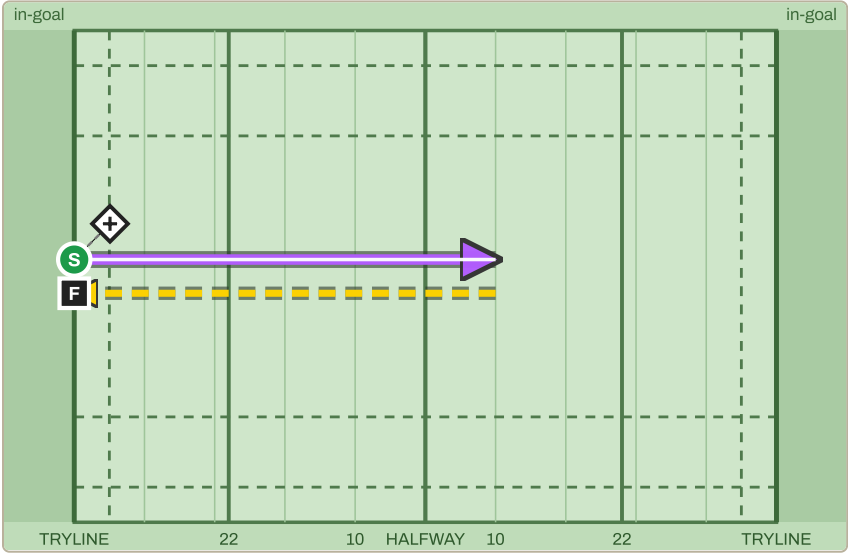
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Hit Shield to Sprint 60

Repeated speed

Contents



Hit a shield held by a partner twice, driving about 2.5 m on each hit. Get up and sprint 60 m, then jog back.

STEP BY STEP

- 1. 2 hits on the hit shield
- 2. Sprint 60 m to the 60 m mark
- 3. Jog 60 m to the near tryline

120 m working distance per rep, 480 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

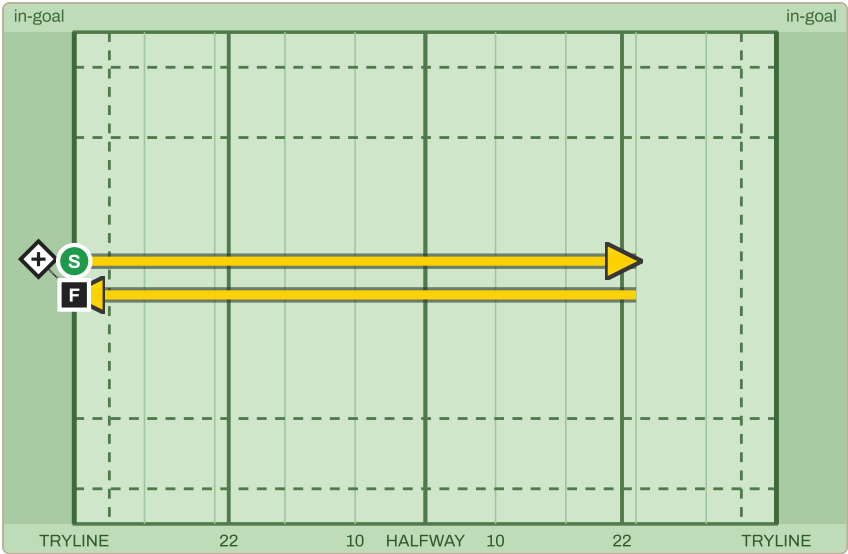
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Run and Hit Shield 80

Mixed fuel

Contents



Run hard 80 m and back to a partner holding a shield. Hit the shield three times, driving about 2.5 m on each hit.

STEP BY STEP

1. Run hard 80 m to the far 22 m line
2. Run hard 80 m to the near tryline
3. 3 hits on the hit shield

160 m working distance per rep, 640 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

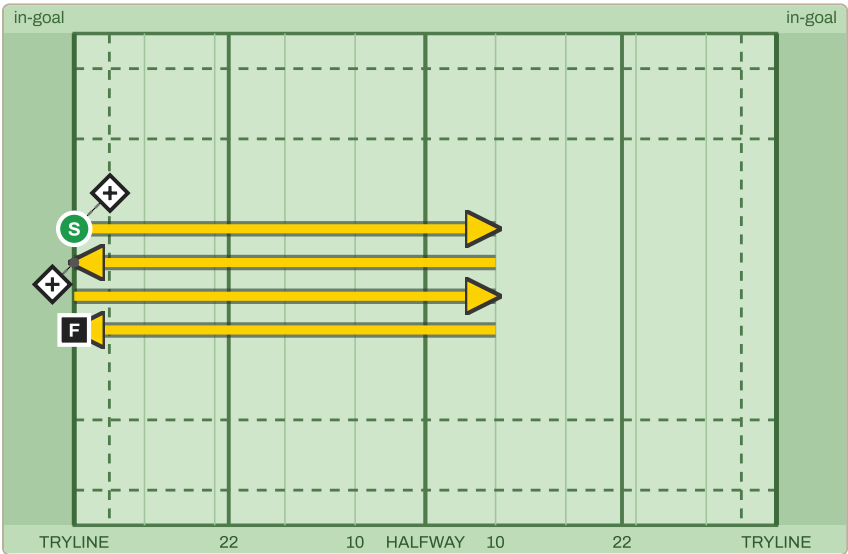
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Double Wrestle Run 60

Anaerobic

Contents



Wrestle a partner kneeling for 6 s, then get up and run hard 60 m and back. Wrestle standing for 6 s, then run hard 60 m and back.

STEP BY STEP

1. Kneeling wrestle for 6 s
2. Run hard 60 m to the 60 m mark
3. Run hard 60 m to the near tryline
4. Standing wrestle for 6 s
5. Run hard 60 m to the 60 m mark
6. Run hard 60 m to the near tryline

240 m working distance per rep, 720 m in 3 reps 3 reps (up to 6) 3 changes of direction per rep

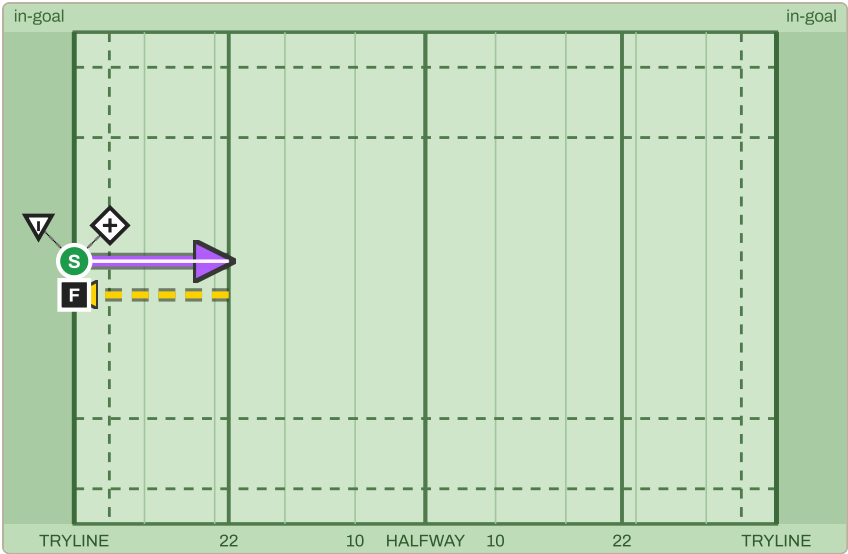
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Wrestle, Down-Up, Sprint

Anaerobic

Contents



Wrestle a partner kneeling for 6 s, do a down-up, then sprint 22 m and jog back.

STEP BY STEP

- 1. Kneeling wrestle for 6 s
- 2. Down-up: drop to your chest and get back up fast
- 3. Sprint 22 m to the near 22 m line
- 4. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep 1 down-up per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

MAS and aerobic

Maximal aerobic speed and continuous aerobic running. Work is longer than rest at moderate to hard effort.

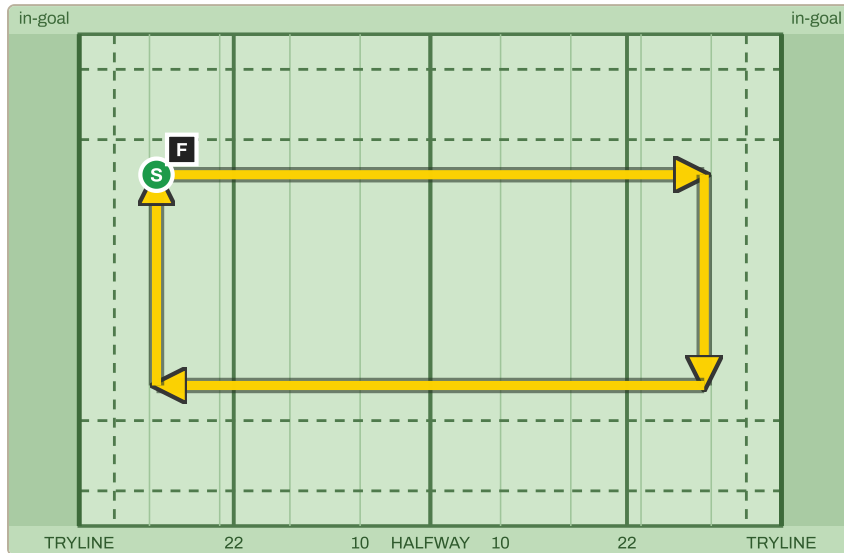
Aerobic power

Default work to rest **3:1 or 2:1**, RPE 7

Goodwins Rectangle

Mixed fuel

Contents



Run hard around a 78 m by 30 m rectangle: the two long sides, then the two short ends. One rep is one lap.

STEP BY STEP

1. Run hard 78 m to the 89 m mark
2. Run hard 30 m across the field to the 89 m mark
3. Run hard 78 m to the 11 m mark
4. Run hard 30 m across the field to the 11 m mark

216 m working distance per rep, 648 m in 3 reps **3** reps (up to 8) **3** changes of direction per rep

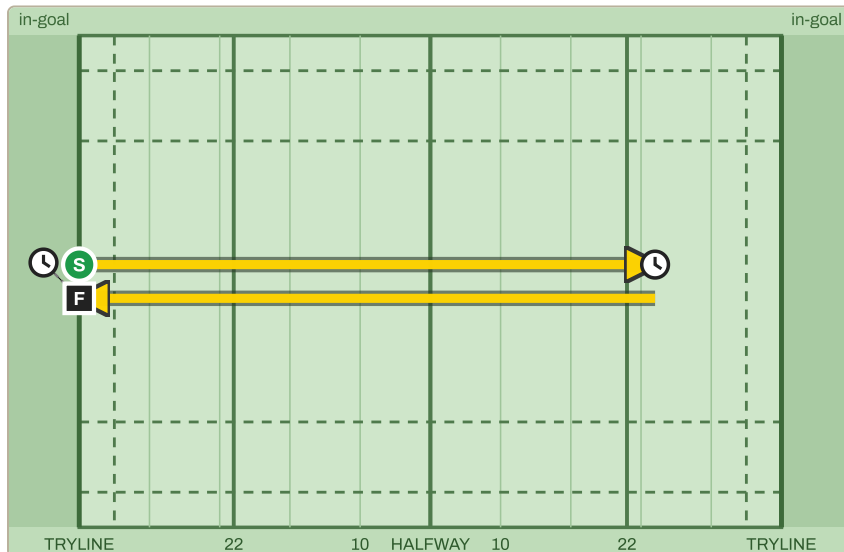
Start at the 11 m mark, 15 m in from the centre. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic power, Aerobic recovery.

MAS 15:15

Mixed fuel

Contents



Run at MAS pace for 15 s, rest 15 s, run back at MAS pace for 15 s, then rest 15 s.

STEP BY STEP

1. Run hard 82 m to the 82 m mark
2. Rest 15 s
3. Run hard 82 m to the near tryline
4. Rest 15 s

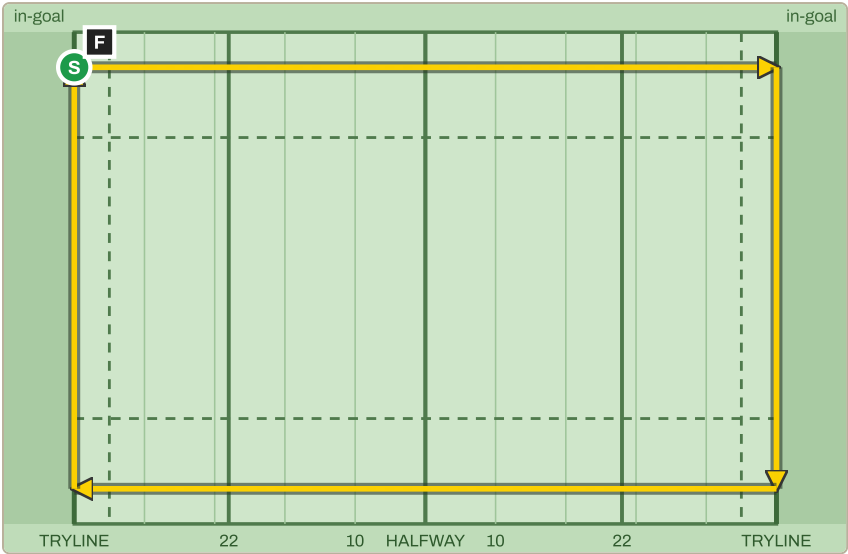
164 m working distance per rep, 656 m in 4 reps **4** reps (up to 8)

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Touchline Tempo Lap

Aerobic power

[Contents](#)

Run steady around the field perimeter: up one touchline, across the far tryline, down the other touchline and across the near tryline. One rep is one lap.

STEP BY STEP

- 1. Run steady 100 m to the far tryline (touchline)
- 2. Run steady 60 m across the field to the far tryline (touchline)
- 3. Run steady 100 m to the near tryline (touchline)
- 4. Run steady 60 m across the field to the near tryline (touchline)

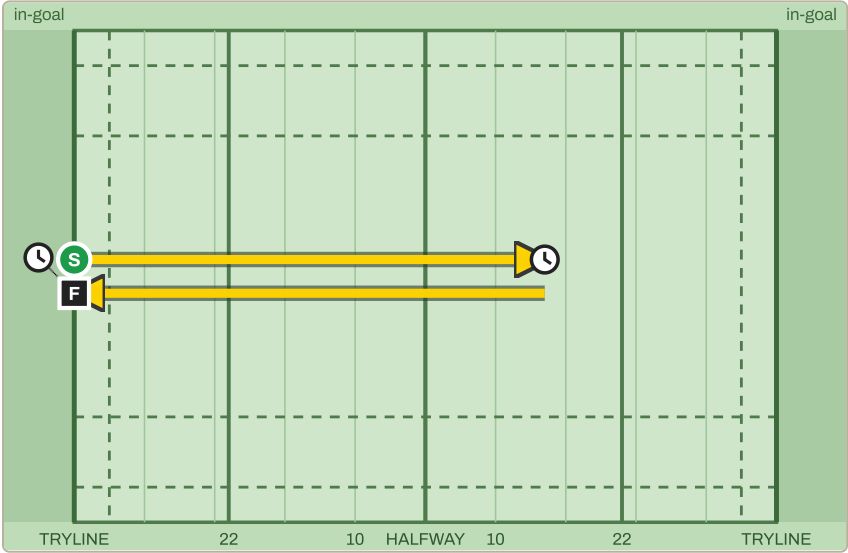
320 m working distance per rep, 640 m in 2 reps 2 reps (up to 6) 3 changes of direction per rep

Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

MAS 10:10

Mixed fuel

[Contents](#)

Run at MAS pace for 10 s, rest 10 s, run back at MAS pace for 10 s, then rest 10 s.

STEP BY STEP

- 1. Run hard 67 m to the 67 m mark
- 2. Rest 10 s
- 3. Run hard 67 m to the near tryline
- 4. Rest 10 s

134 m working distance per rep, 804 m in 6 reps 6 reps (up to 10)

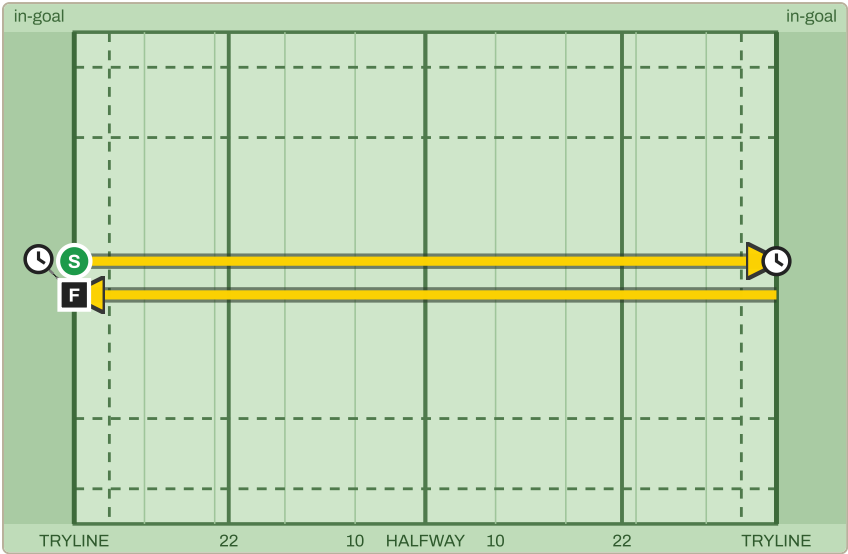
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed, Aerobic recovery.

MAS 15:15 Full Length

Mixed fuel

Contents



Run the length of the field at MAS pace for 15 s, rest 15 s, run back at MAS pace for 15 s, then rest 15 s.

STEP BY STEP

1. Run hard 100 m to the far tryline
2. Rest 15 s
3. Run hard 100 m to the near tryline
4. Rest 15 s

200 m working distance per rep, 1,000 m in 5 reps 5 reps (up to 10)

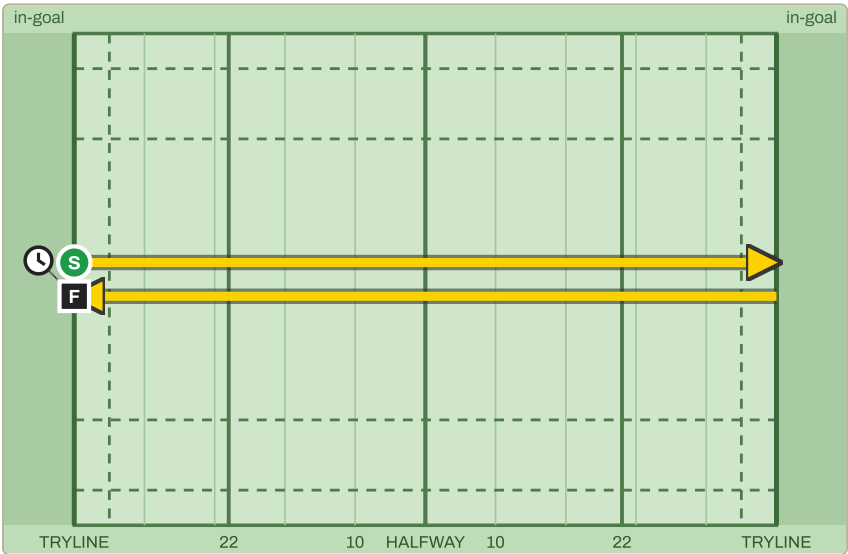
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

MAS 30:30

Mixed fuel

Contents



Run the length of the field and back at MAS pace, then rest 30 s.

STEP BY STEP

1. Run hard 100 m to the far tryline
2. Run hard 100 m to the near tryline
3. Rest 30 s

200 m working distance per rep, 1,000 m in 5 reps 5 reps (up to 8) 1 change of direction per rep

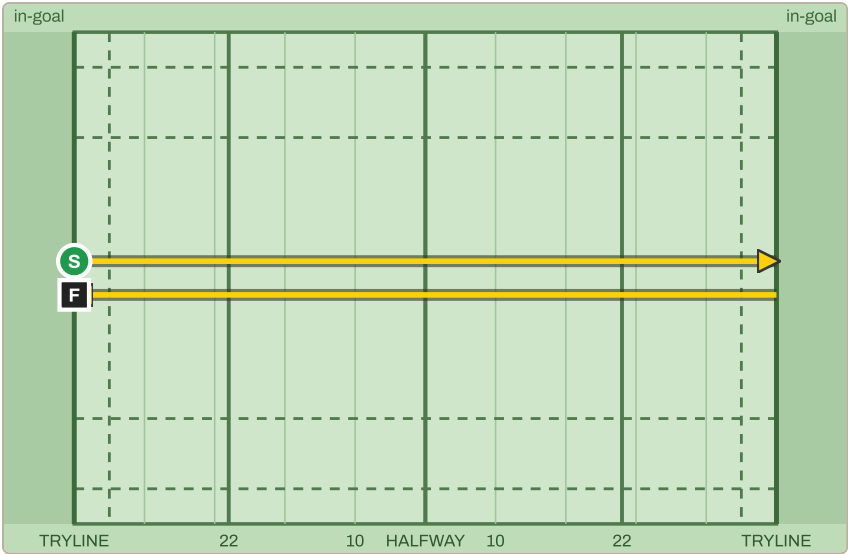
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Tempo 200s

Aerobic power

Contents



Run steady 100 m and back.

STEP BY STEP

1. Run steady 100 m to the far tryline
2. Run steady 100 m to the near tryline

200 m working distance per rep, 1,200 m in 6 reps 6 reps (up to 10) 1 change of direction per rep

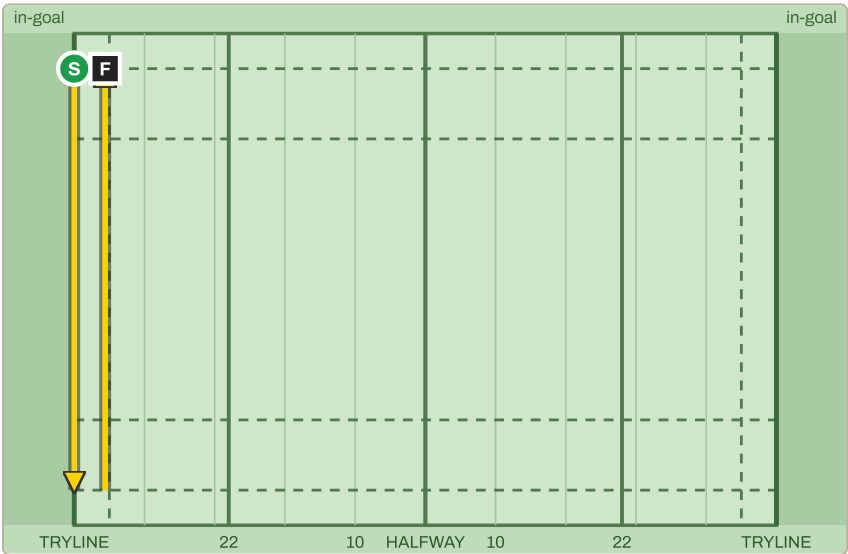
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Repeated speed, Anaerobic, Mixed fuel, Aerobic recovery.

Width Tempo 60s

Aerobic power

Contents



Run steady across the width of the field, touchline to touchline, and back.

STEP BY STEP

1. Run steady 60 m across the field to the near tryline (touchline)
2. Run steady 60 m across the field to the near tryline (touchline)

120 m working distance per rep, 720 m in 6 reps 6 reps (up to 10) 1 change of direction per rep

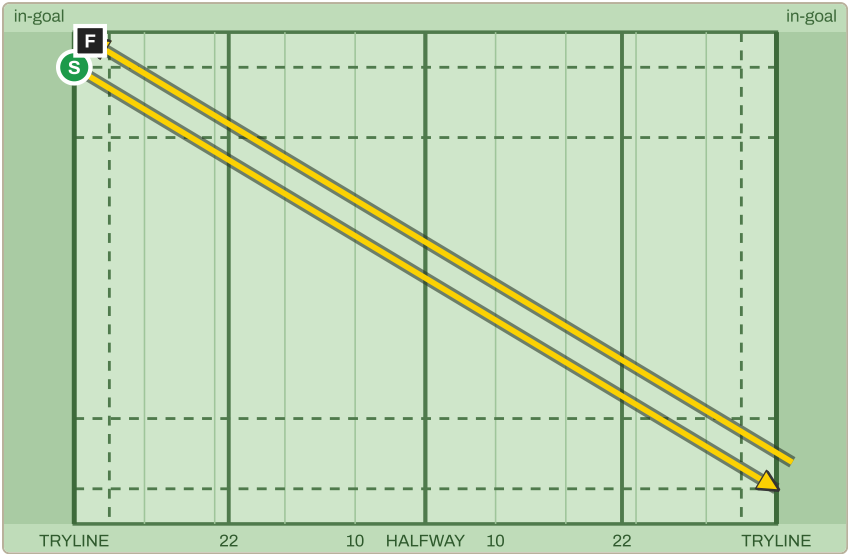
Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Speed, Repeated speed, Anaerobic, Aerobic recovery.

Diagonal Tempo

Aerobic power

Contents



Run steady diagonally from one corner to the opposite corner, then back.

STEP BY STEP

- 1. Run steady 117 m diagonally to the far tryline (touchline)
- 2. Run steady 117 m diagonally to the near tryline (touchline)

233 m working distance per rep, 1,165 m in 5 reps 5 reps (up to 10) 1 change of direction per rep

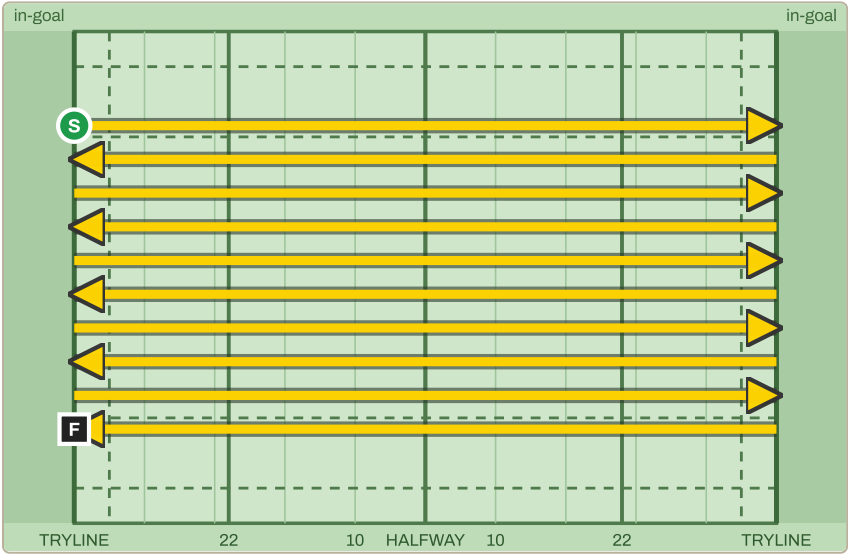
Start at the near tryline, on the opposite touchline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

1 km Repeat

Aerobic power

Contents



Run ten lengths of the field (1000 m) at your maximal sustainable pace.

STEP BY STEP

- 1. Run hard 100 m to the far tryline
- 2. Run hard 100 m to the near tryline
- 3. Run hard 100 m to the far tryline
- 4. Run hard 100 m to the near tryline
- 5. Run hard 100 m to the far tryline
- 6. Run hard 100 m to the near tryline
- 7. Run hard 100 m to the far tryline
- 8. Run hard 100 m to the near tryline
- 9. Run hard 100 m to the far tryline
- 10. Run hard 100 m to the near tryline

1000 m working distance per rep 1 reps (up to 3) 9 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Mixed fuel, Aerobic recovery.

ST templates

ST Performance combinations of crawls, rolls and strength exercises with sprints and shuttles. Work and rest are close to even.

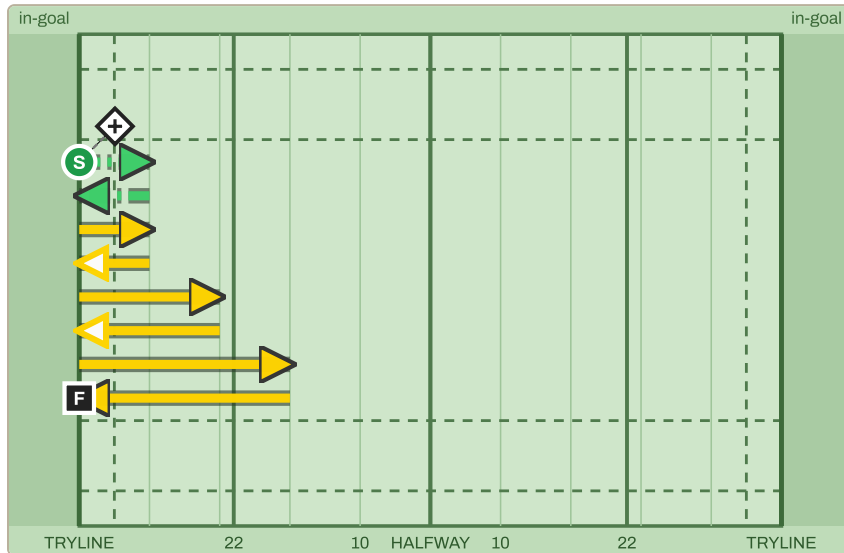
Mixed fuel

Default work to rest 1:1, RPE 7.5

Broken Pony

Aerobic power

Contents



Do 10 press-ups. Bear crawl 10 m and back. Run hard 10 m and backpedal back, run hard 20 m and backpedal back, then run hard 30 m and back.

STEP BY STEP

1. 10 press-ups
2. Crawl 10 m to the 10 m mark
3. Crawl 10 m to the near tryline
4. Run hard 10 m to the 10 m mark
5. Backpedal 10 m to the near tryline
6. Run hard 20 m to the near 22 m line
7. Backpedal 20 m to the near tryline
8. Run hard 30 m to the 30 m mark
9. Run hard 30 m to the near tryline

140 m working distance per rep, 560 m in 4 reps 4 reps (up to 6) 7 changes of direction per rep

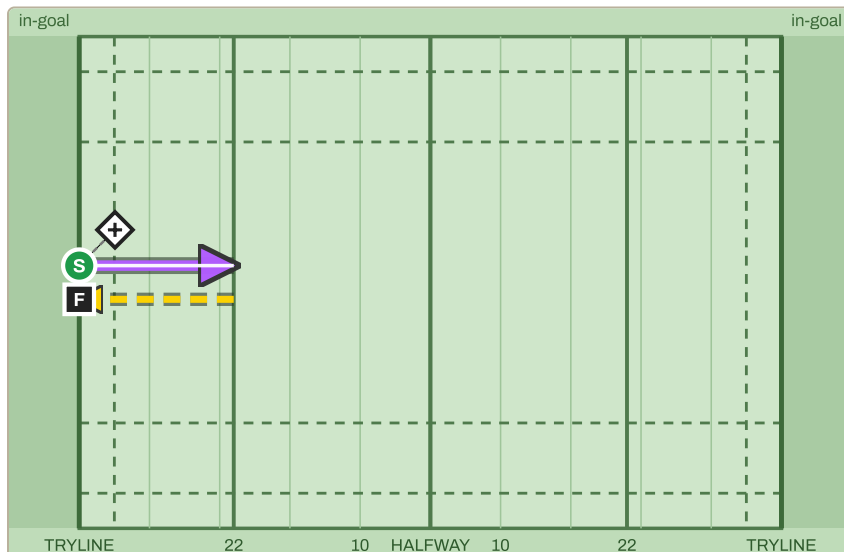
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Burpee Sprint 22

Mixed fuel

Contents



Do 5 burpees, sprint 22 m, then jog back.

STEP BY STEP

1. 5 burpees
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 10) 1 change of direction per rep

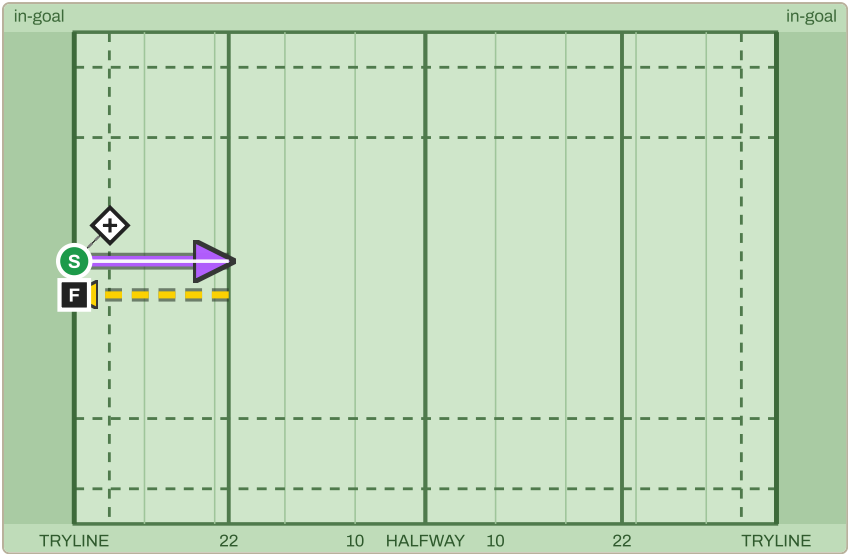
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic.

Squat Jump Sprint 22

Mixed fuel

Contents



Do 8 squat jumps, sprint 22 m, then jog back.

STEP BY STEP

- 1. 8 squat jumps
- 2. Sprint 22 m to the near 22 m line
- 3. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 10) 1 change of direction per rep

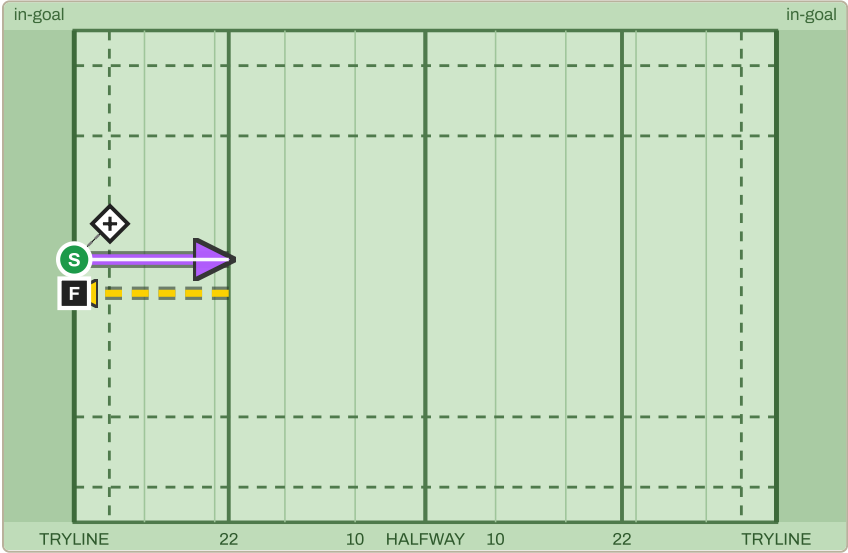
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed.

Press-Up Sprint 22

Mixed fuel

Contents



Do 10 press-ups, sprint 22 m, then jog back.

STEP BY STEP

- 1. 10 press-ups
- 2. Sprint 22 m to the near 22 m line
- 3. Jog 22 m to the near tryline

44 m working distance per rep, 176 m in 4 reps 4 reps (up to 10) 1 change of direction per rep

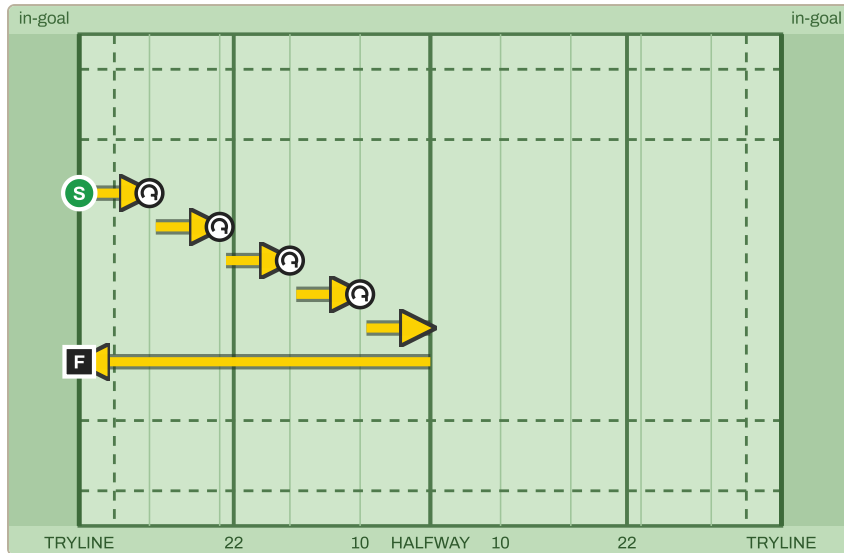
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic.

Drop-and-Roll Alternating

Mixed fuel

[Contents](#)



Run hard to 10 m and roll left, run hard to 20 m and roll right, run hard to 30 m and roll left, run hard to 40 m and roll right, then run hard to 50 m and back to the start.

STEP BY STEP

1. Run hard 10 m to the 10 m mark
2. Roll left: drop to your chest, roll to the side, then get up and go
3. Run hard 9 m to the near 22 m line
4. Roll right: drop to your chest, roll to the side, then get up and go
5. Run hard 9 m to the 30 m mark
6. Roll left: drop to your chest, roll to the side, then get up and go
7. Run hard 9 m to the 40 m mark
8. Roll right: drop to your chest, roll to the side, then get up and go
9. Run hard 9 m to halfway
10. Run hard 50 m to the near tryline

96 m working distance per rep, 288 m in 3 reps 3 reps (up to 8) 1 change of direction per rep

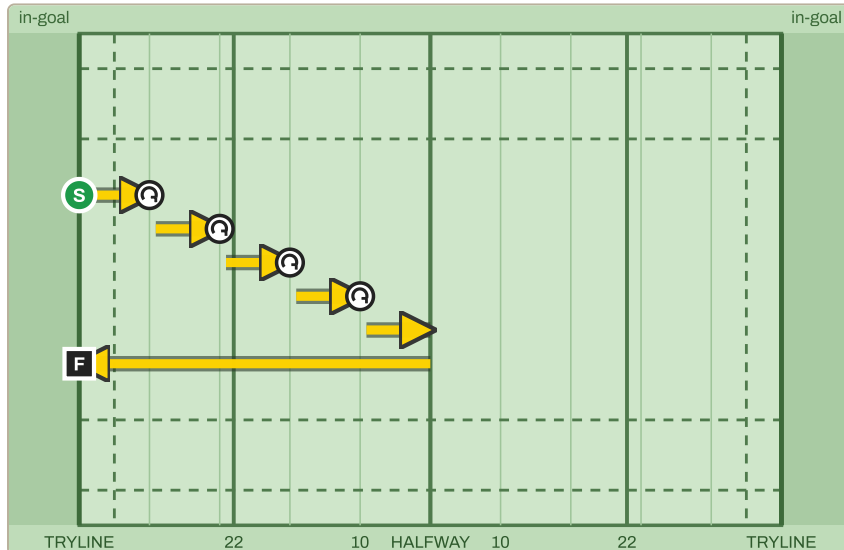
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Double Roll Out and Back

Mixed fuel

[Contents](#)



Run hard to 10 m, drop to your chest, roll left out and back in, then get up. Run hard to 20 m and roll right out and back in, run hard to 30 m and roll left out and back in, run hard to 40 m and roll right out and back in, then run hard to 50 m and back to the start.

STEP BY STEP

1. Run hard 10 m to the 10 m mark
2. Double roll left: drop to your chest, roll out and back, then get up
3. Run hard 9 m to the near 22 m line
4. Double roll right: drop to your chest, roll out and back, then get up
5. Run hard 9 m to the 30 m mark
6. Double roll left: drop to your chest, roll out and back, then get up
7. Run hard 9 m to the 40 m mark
8. Double roll right: drop to your chest, roll out and back, then get up
9. Run hard 9 m to halfway
10. Run hard 50 m to the near tryline

96 m working distance per rep, 288 m in 3 reps 3 reps (up to 8) 1 change of direction per rep

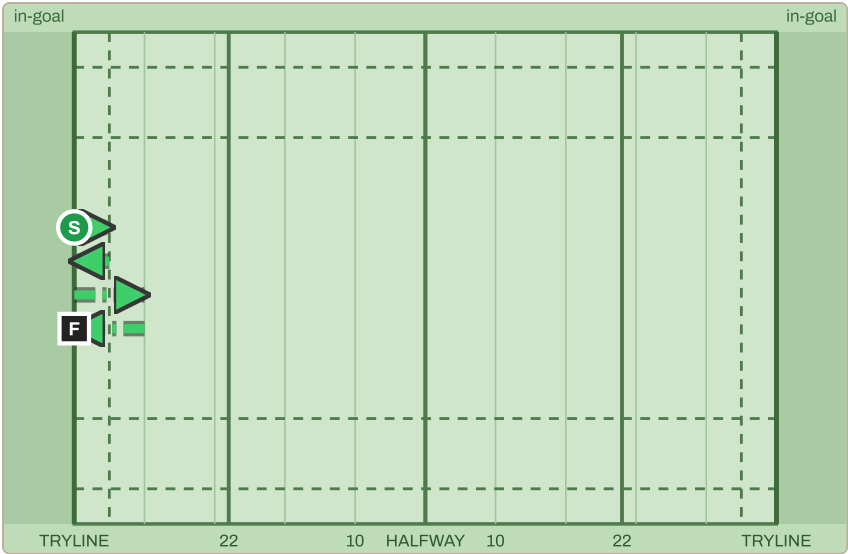
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Bear Crawl 5-10 Pyramid

Mixed fuel

Contents



Bear crawl 5 m and back, then bear crawl 10 m and back.

STEP BY STEP

1. Crawl 5 m to the 5 m mark
2. Crawl 5 m to the near tryline
3. Crawl 10 m to the 10 m mark
4. Crawl 10 m to the near tryline

30 m working distance per rep, 120 m in 4 reps 4 reps (up to 8) 3 changes of direction per rep

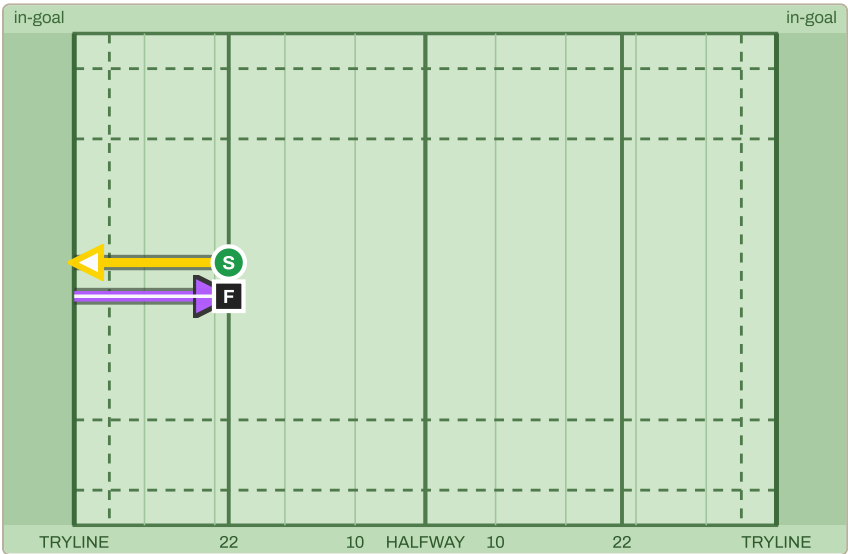
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Backpedal 22 and Sprint

Mixed fuel

Contents



Start at the 22 m line. Backpedal to the tryline, then sprint back out to the 22 m line.

STEP BY STEP

1. Backpedal 22 m to the near tryline
2. Sprint 22 m to the near 22 m line

44 m working distance per rep, 220 m in 5 reps 5 reps (up to 10) 1 change of direction per rep

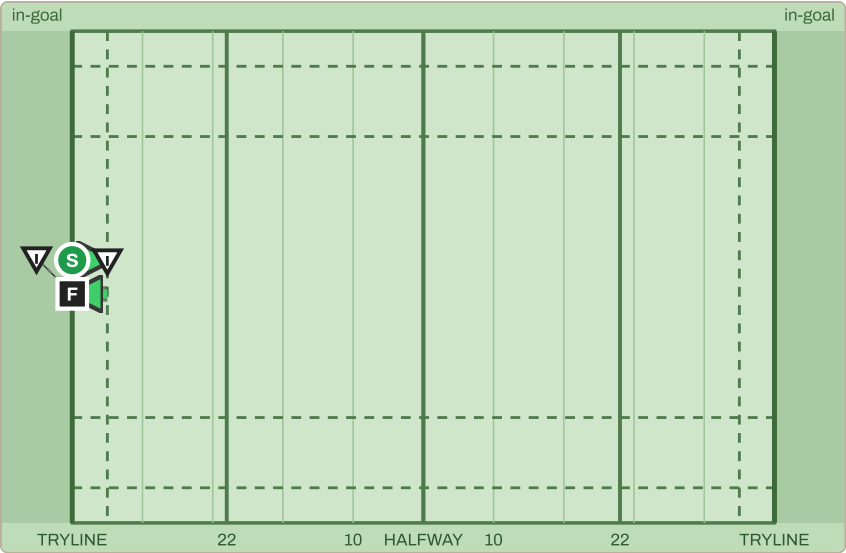
Start at the near 22 m line. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Down-Up Bear Crawl

Mixed fuel

Contents



Bear crawl 5 m and do a down-up, then bear crawl back and do a down-up.

STEP BY STEP

1. Crawl 5 m to the 5 m mark
2. Down-up: drop to your chest and get back up fast
3. Crawl 5 m to the near tryline
4. Down-up: drop to your chest and get back up fast

10 m working distance per rep, 40 m in 4 reps 4 reps (up to 8) 1 change of direction per rep 2 down-ups per rep

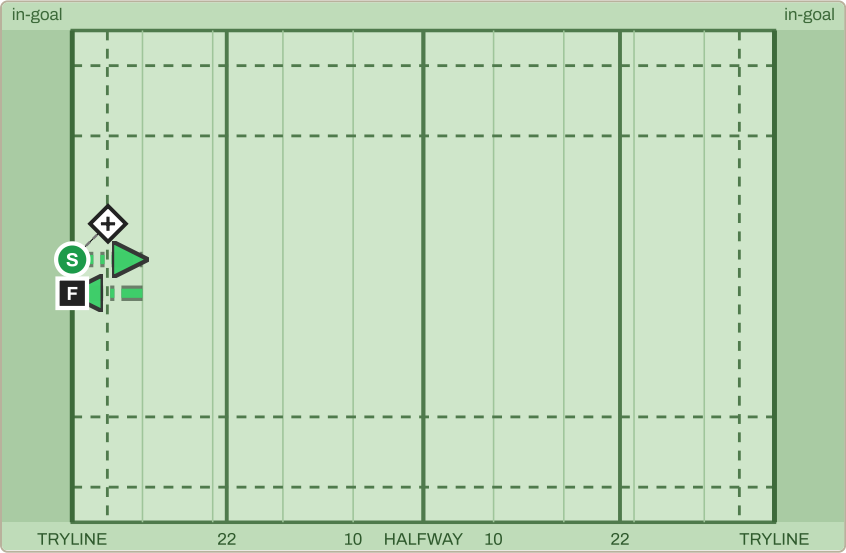
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Press-Up Bear Crawl

Mixed fuel

Contents



Do 8 press-ups, then bear crawl 10 m and back.

STEP BY STEP

1. 8 press-ups
2. Crawl 10 m to the 10 m mark
3. Crawl 10 m to the near tryline

20 m working distance per rep, 80 m in 4 reps 4 reps (up to 8) 1 change of direction per rep

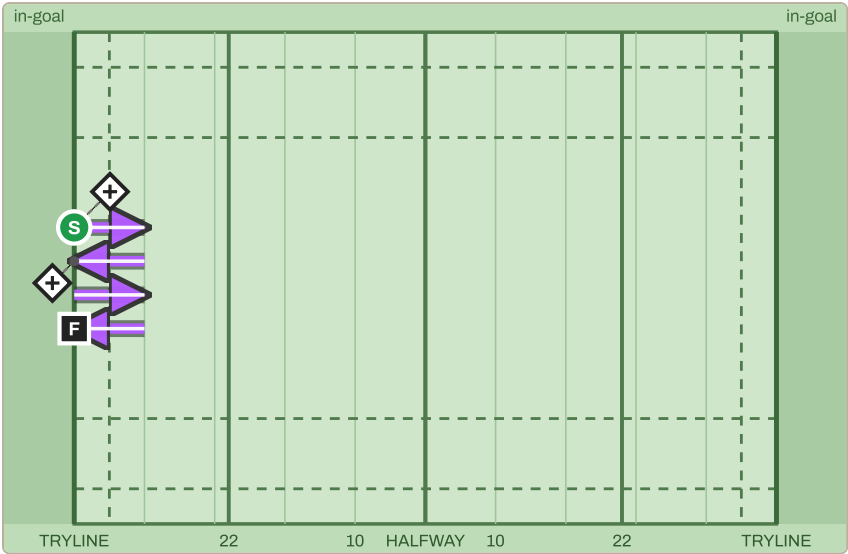
Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Burpee Shuttle 10

Anaerobic

Contents



Do 3 burpees, sprint 10 m and back, do 3 burpees, then sprint 10 m and back again.

STEP BY STEP

- 1. 3 burpees
- 2. Sprint 10 m to the 10 m mark
- 3. Sprint 10 m to the near tryline
- 4. 3 burpees
- 5. Sprint 10 m to the 10 m mark
- 6. Sprint 10 m to the near tryline

40 m working distance per rep, 120 m in 3 reps 3 reps (up to 6) 3 changes of direction per rep

Start at the near tryline. S is the start, F the finish. Arrows are spread apart for reading only: you run the same line. On lengthways drills they run top to bottom in step order, from S at the first arrow to F at the last.

Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Repeated speed, Mixed fuel, Aerobic recovery.

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