

## 1. Strength

Lunges 3 \* 10 each leg

Single leg squats 3 \* 8 each leg

Calf raises 3 \* 15 each leg

Cross leg situps 3 \* 10

Sergeant jumps (single hand straight up, normally against a wall to measure vertical leap) 3 \* 8 each side

## 2. Speed

Technique first: 2 \* 15 metres of

# zombie walks

# walking sprint form (high knees, drive arm back, heel cocked with toes up)

# high knee skipping

# bounds

# straight leg jogging

# high knee lunges

20m \* 4, 1 min rest between each

4 minutes rest

5m \* 4, 1 min rest between each

4 minutes rest

60 metres \* 2, 4 minutes rest