

Runs

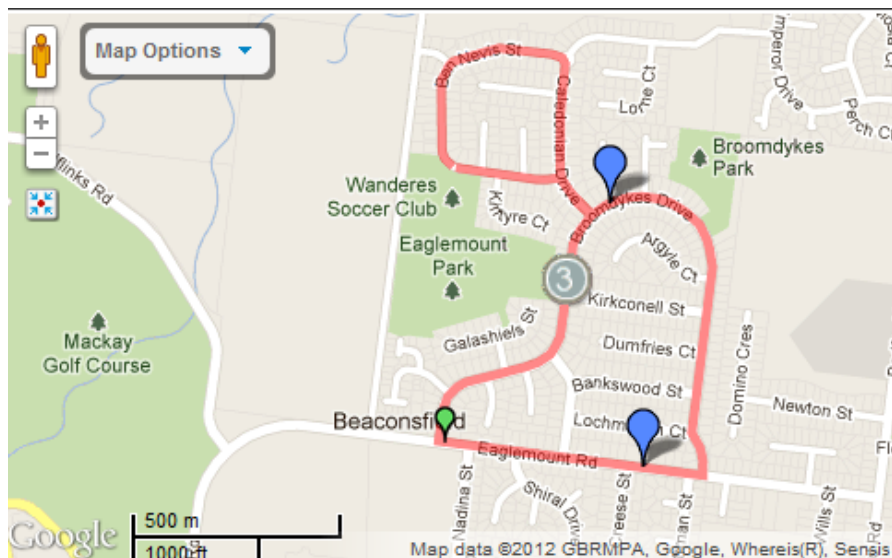
Broomdykes Loop – 3.6km

<http://www.mapmyrun.com/routes/view/61163632>

Start: Wanderers

Finish: Wanderers

Meet: Wanderers



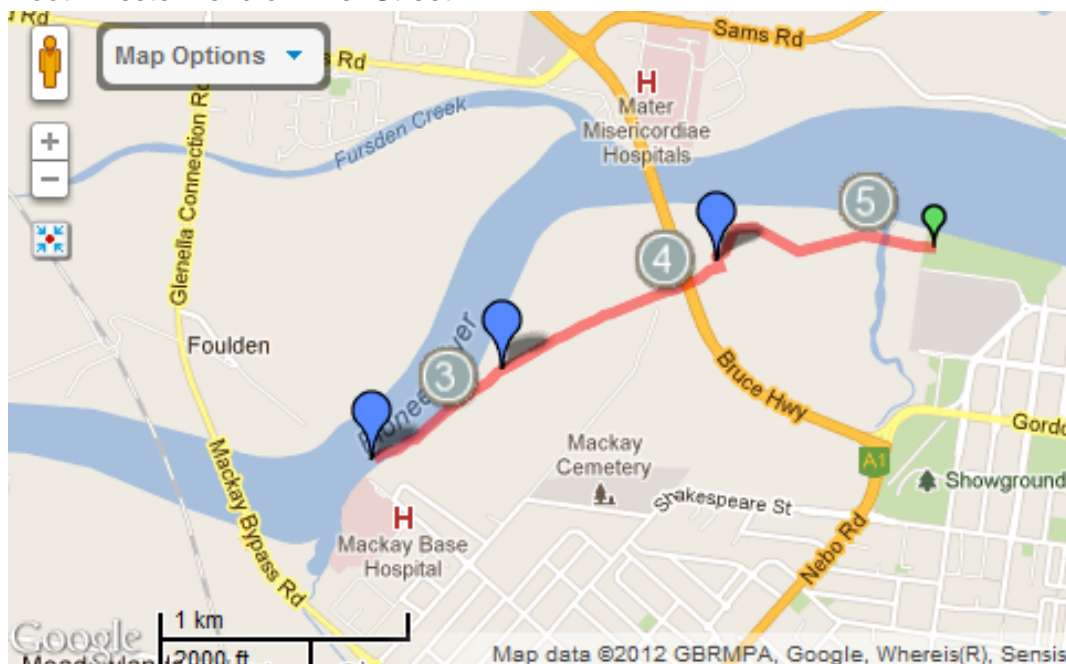
Canelands/Myers to Hospital Bridge Return – 5.3km

<http://www.mapmyrun.com/routes/view/61162572>

Start: Bluewater Trail near Myers/Canelands Shopping Centre

Finish: Bluewater Trail near Myers/Canelands Shopping Centre

Meet: Western end of River Street



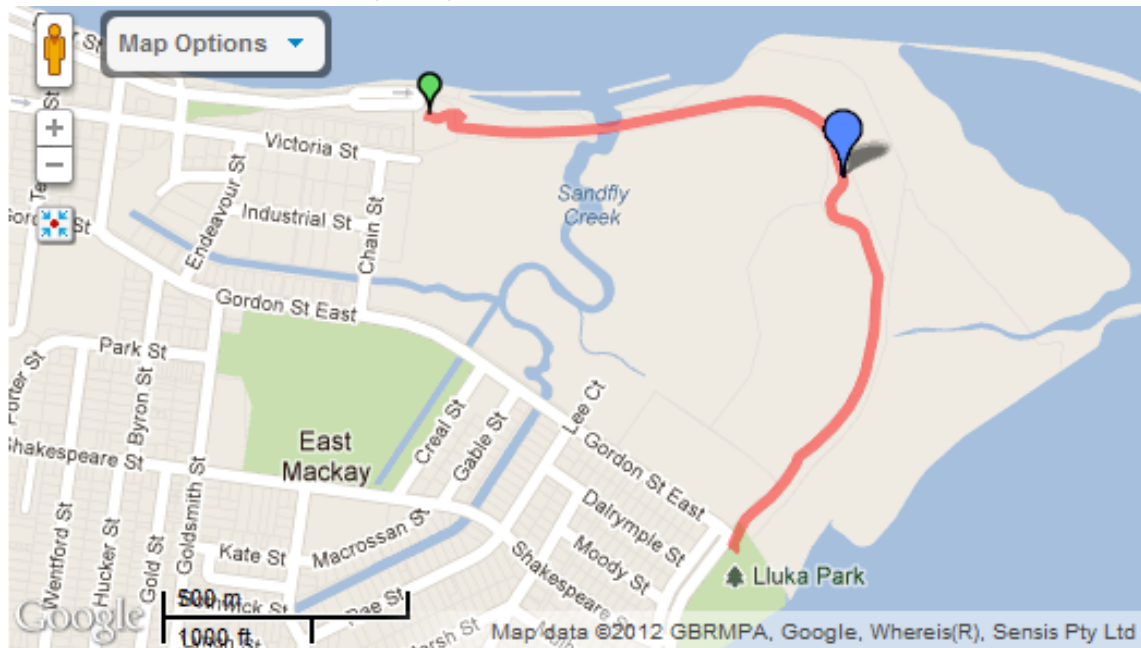
River Street Boat Ramp – 1.9km

<http://www.mapmyrun.com/routes/view/61162822>

Start: River Street Boat Ramp

Finish: Luka Park

Meet: River Street Boat Ramp Carpark, Eastern end of River Street



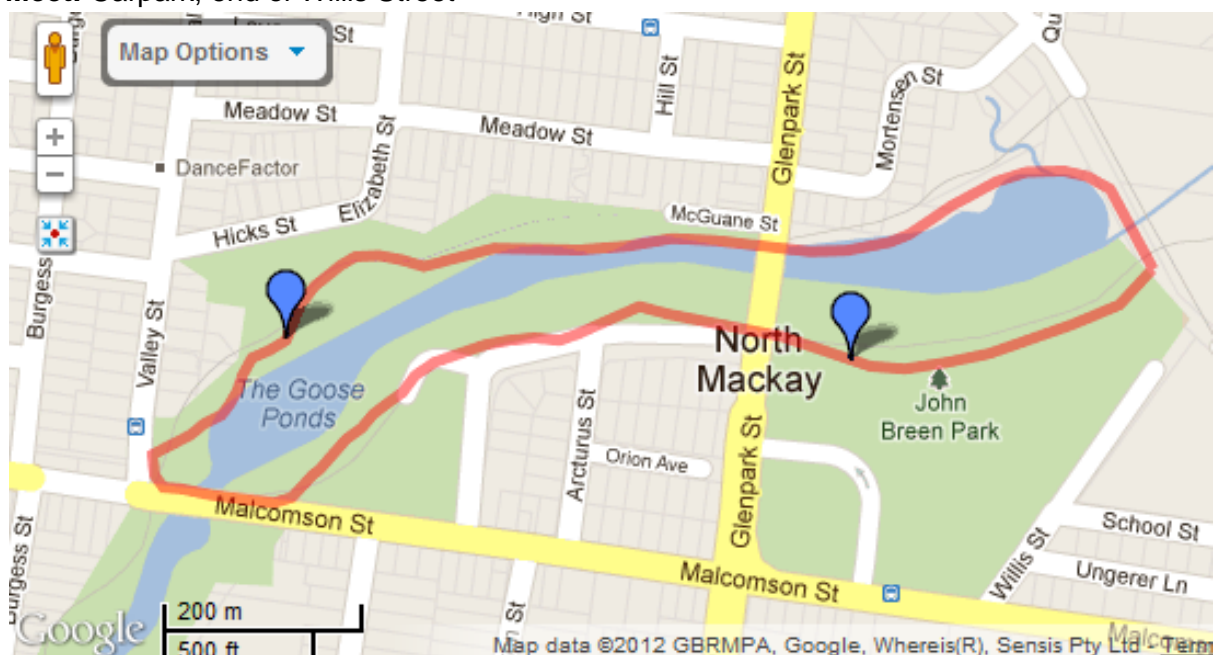
Gooseponds – 2.3/4.6km (1-2 laps)

<http://www.mapmyrun.com/routes/view/61163104>

Start: Eastern end of Gooseponds

Finish: Eastern end of Gooseponds

Meet: Carpark, end of Willis Street



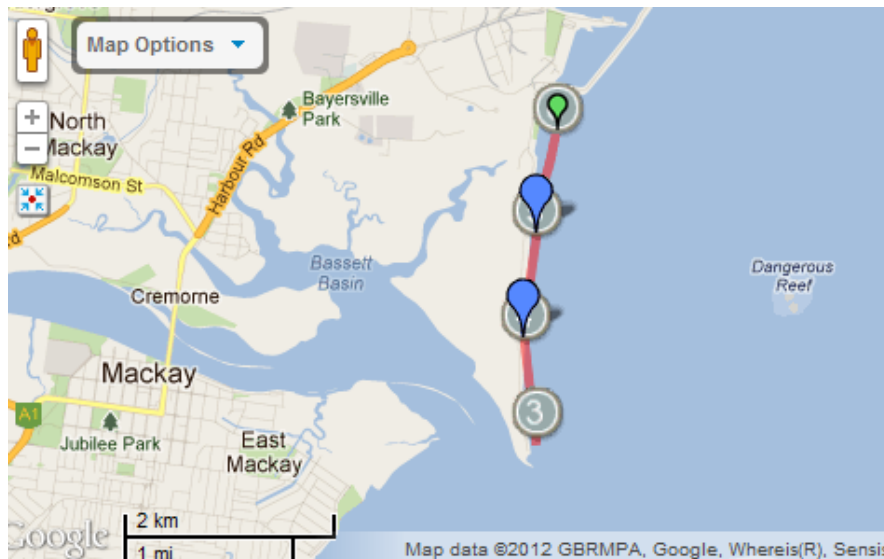
Harbour Beach – 6.0km

<http://www.mapmyrun.com/routes/view/62370356>

Start: Surf Life Saving Tower (Greg Willey's hangout)

Finish: Surf Life Saving Tower (Greg Willey's hangout)

Meet: Carpark, near Surf Life Saving Club



High Street 'King of the Mountain' – 2.5km

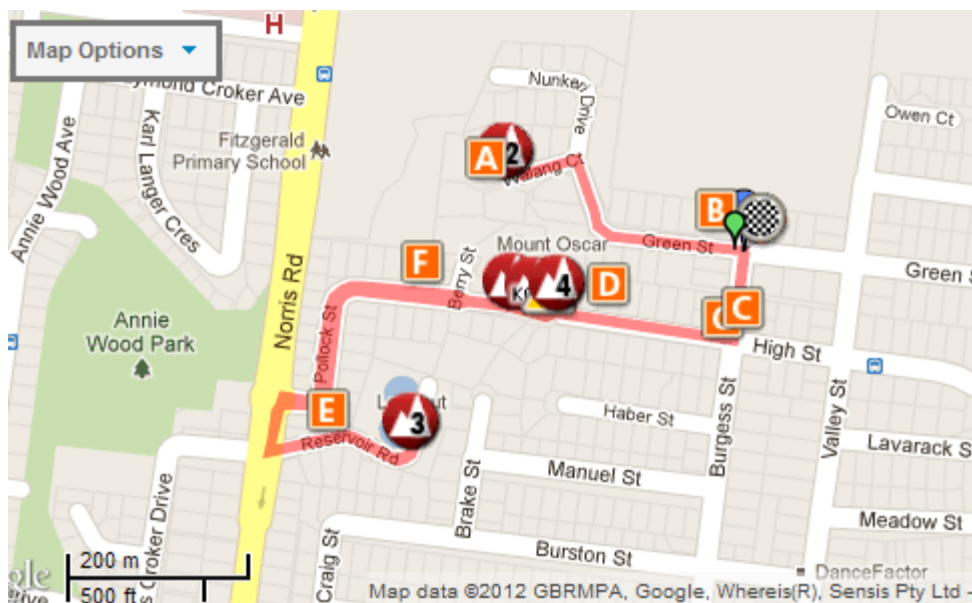
<http://www.mapmyrun.com/routes/view/62999702>

Start: Intersection of High Street & Burgess Street

Finish: Intersection of High Street & Burgess Street

King of the Mountain Finish: Top of Pollock Street Climb

Meet: Intersection of High Street & Burgess Street



Sprint Sessions

Sprint Session A

- Dynamic warmup
- Dynamic Speed Drill
 - Scramble Start – 2 x 20m
 - ¼ Turn (RT/LT) – 2 x 20m
 - ½ Turn (LT/RT) – 2 x 20m
 - Retrace – 2 x 20m
- 40-50-60
 - (40m sprint – 40m sprint – 50m sprint – 50m sprint – 60m sprint – 60m sprint – rest)
 - x 2 sets
 - 30 sec rest/3:00 min rest
- 20m Sprints
 - x 2 sets of 6
 - 15-18 sec rest/2:00 min rest
- Warm down (static stretching)

Sprint Session B

- Dynamic warmup
- Dynamic Speed Drill
 - Scramble Start – 2 x 20m
 - ¼ Turn (RT/LT) – 2 x 20m
 - ½ Turn (LT/RT) – 2 x 20m
 - Retrace – 2 x 20m
- 40-50-60
 - (40m sprint – 40m sprint – 50m sprint – 50m sprint – 60m sprint – 60m sprint – rest)
 - x 3 sets
 - 30 sec rest/3:00 min rest
- 20m Sprints
 - x 2 sets of 8
 - 15-18 sec rest/2:00 min rest
- Warm down (static stretching)

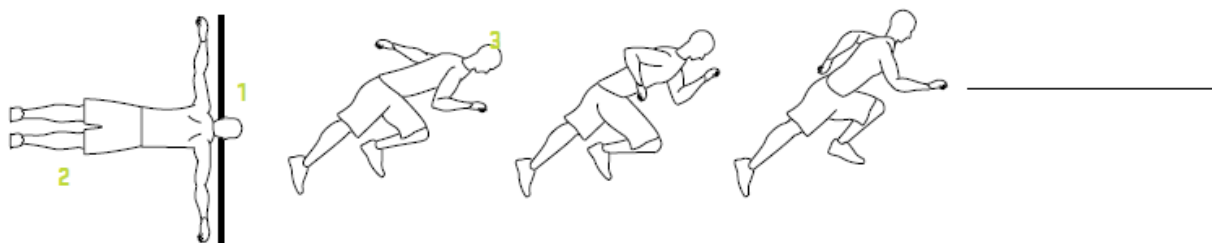
Sprint Session C

- **Dynamic warmup**
- **Dynamic Speed Drill**
 Scramble Start – 2 x 20m
 ¼ Turn (RT/LT) – 2 x 20m
 ½ Turn (LT/RT) – 2 x 20m
 Retrace – 2 x 20m
- **40-50-60**
 (40m sprint – 40m sprint – 50m sprint – 50m sprint – 60m sprint – 60m sprint – rest)
 x 4 sets
 30 sec rest/3:00 min rest
- **20m Sprints**
 x 2 sets of 10
 15-18 sec rest/2:00 min rest
- **Warm down** (static stretching)

Dynamic Speed Drill

DYNAMIC SPEED : Scramble Starts

- 2 x 20 yards



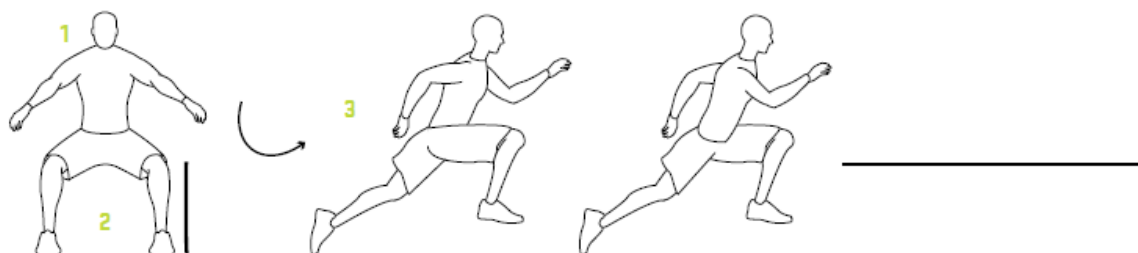
1. The athlete will start in a face down position with their chins on the line
2. The athlete will have their feet slightly spread and their arms extended completely to the side

3. On the command (whistle / verbal / movement) the athlete will drive out and up
4. Do not allow the athlete to stand up and then drive out

5. This drill is intended to teach the athlete to drive out and also to get off the ground and get moving as fast as possible

DYNAMIC SPEED : 1/4 Turn (RT/LT)

- 2 x 20 yards

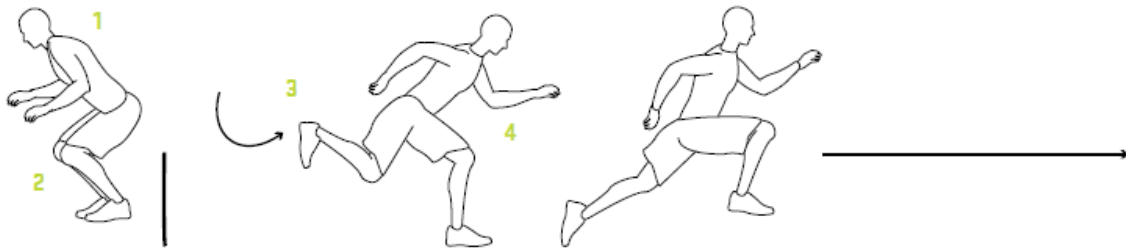


1. The athlete will start with their right (left) shoulder pointed down the runway with the side of their right (left) foot behind the start line

2. The athlete will assume a great football position; knees bent, hips lowered, chest up, head neutral

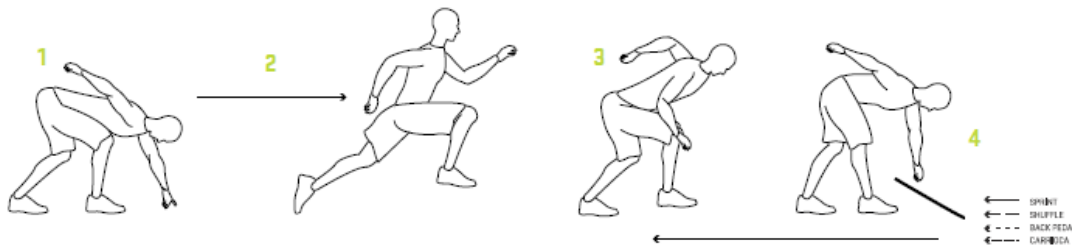
3. On the whistle the athlete will do a 1/2 turn and sprint the required distance

4. Stay low on the turn and always use great running form
5. Finish strong



1. The athlete will start with their back pointed down the runway with their heels behind the start line
2. The athlete will assume a great football position; knees bent, hips lowered, chest up, head neutral
3. On the whistle the athlete will do a 1/2 turn to the right (left) and sprint the required distance
4. Stay low on the turn by throwing the elbow down towards the hip pocket. The turn should be fluid so that the athlete can flow right into the running portion of the drill
5. Always use great running form
6. Finish strong

DYNAMIC SPEED : Retrace



1. The athlete will start in a three point stance 5-yards in front of the starting line. The athlete will face the starting line
2. At the whistle the athlete will sprint towards the start line. As they get to the line they will reach down with their right hand (left hand) and touch the line as they hop stop into the line
3. The hop stop is a quick turn of the body as they transition from going forward to retracing their steps
4. After touching the line they will turn and run for the rest of the drills required distance
5. Always use great running form
6. Finish strong

Beep Test

Download from <http://www.defencejobs.gov.au/fitness/techniques/>