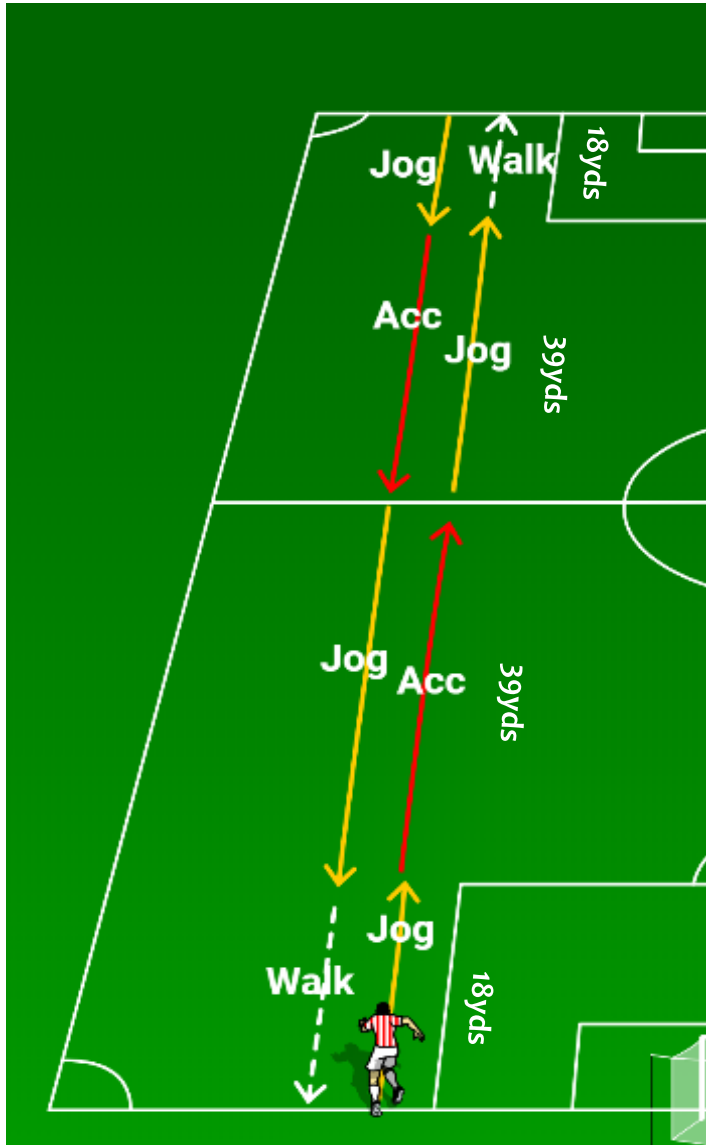




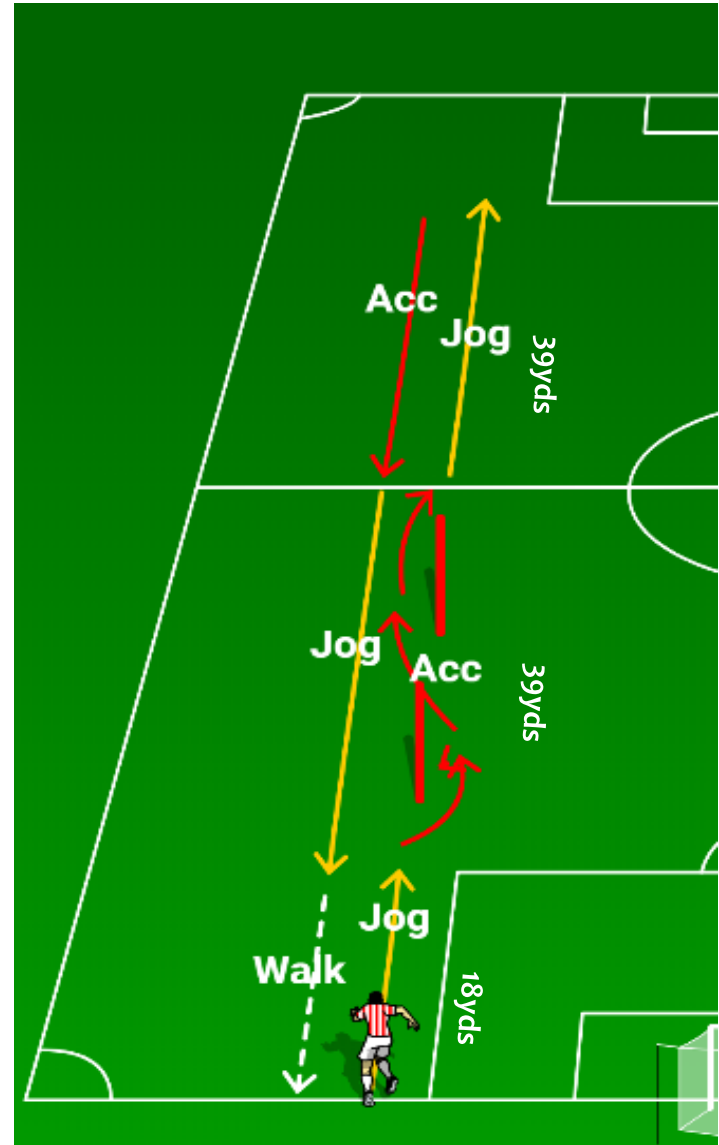
SSC EXTRA CONDITIONING WORK

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	REST	REST	REST	REST	REST	REST	REST
	REST	REST	Mobility Int Run 1 (3x5'/2'r)	REST	Mobility Int Run 2 (4x3'/2'r) BW Core	REST Strength	REST
	REST	Mobility 6x60m@60% Int Run 1 (3x5'/2'r) BW Core	Jumps & Landing Int Run 3 (6x1'/1.5'r) Strength	REST	Mobility 6x60m@60% Int Run 2 (4x3'/2'r) BW Core	REST Strength	REST
	REST	Mobility 7x50m@70% Int Run 1a (3x5'/2'r) BW Core	Jumps & Landing Int Run 3 (6x1'/1'r) Strength	REST	Mobility 7x50m@70% Int Run 2a (4x3'/2'r) BW Core	REST Strength	REST
	REST	Mobility 8x40m@80% Int Run 1a (3x5'/2'r) BW Core	Jumps & Landing Int Run 3 (6x1.5'/1'r) Strength	REST	Mobility 8x40m@80% Int Run 2a (4x3'/2'r) BW Core	REST Strength	REST
	TBC	TBC	TBC	TBC	TBC	TBC	REST
	REST						

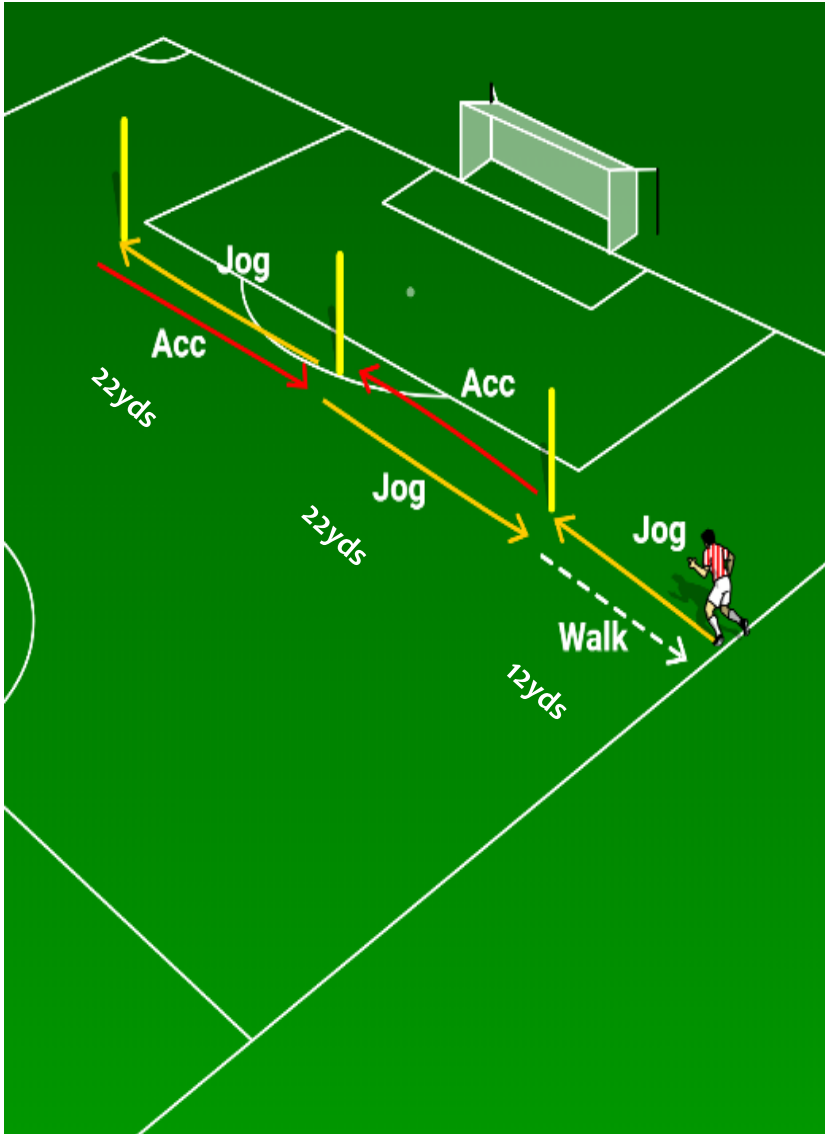
Interval Run 1



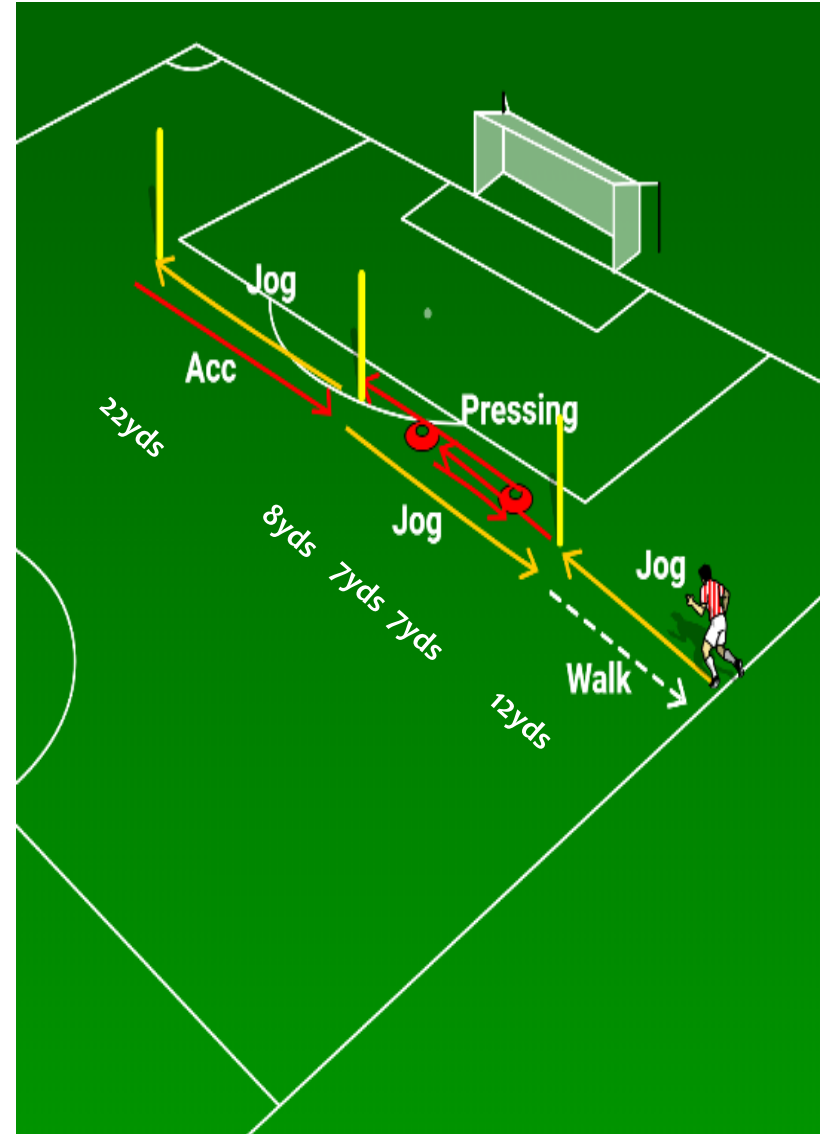
Interval Run 1a



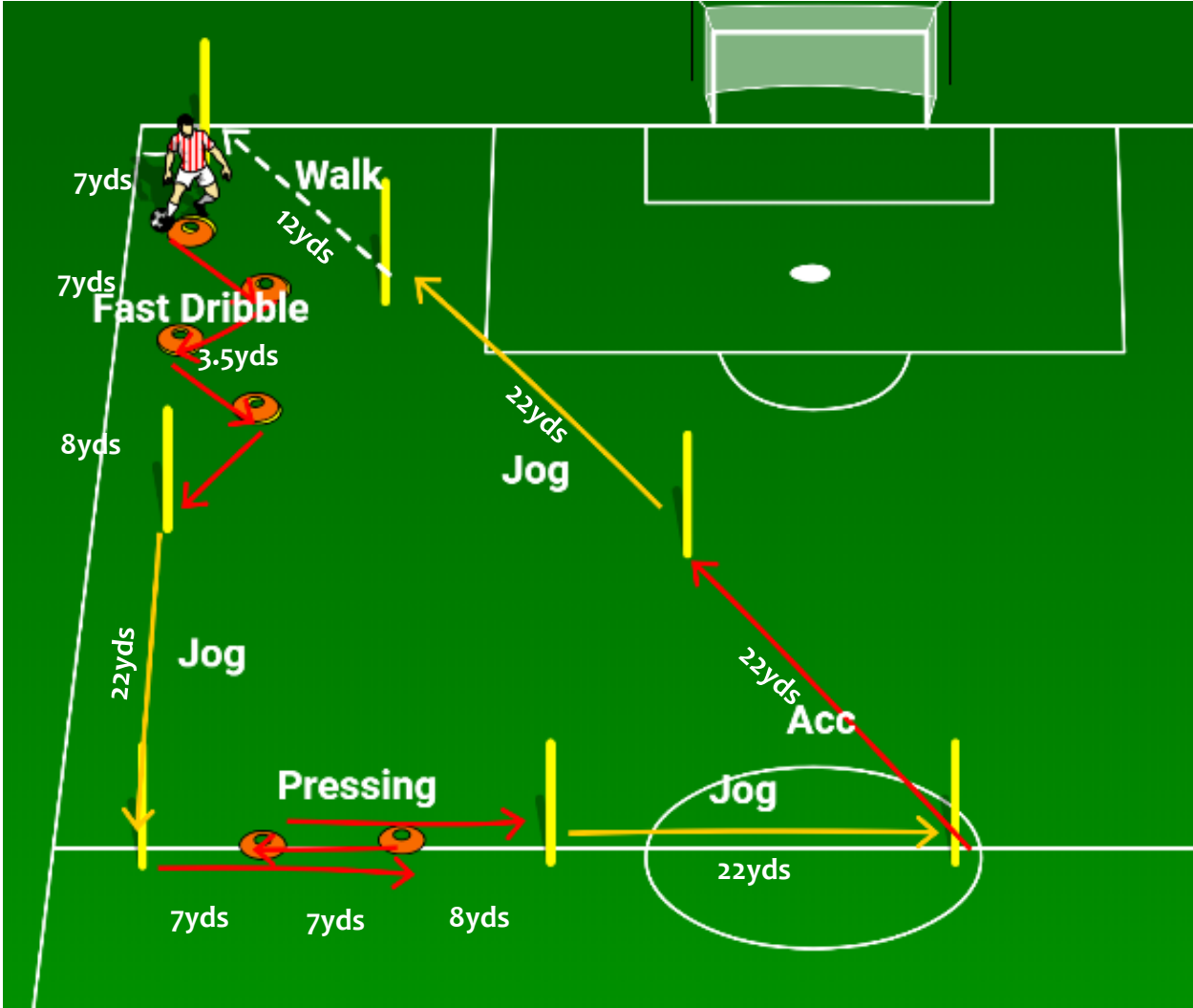
Interval Run 2



Interval Run 2a



Interval Run 3



Sprint Progressions

