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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145 drills | 10 categories | Compact edition, November 2026. Click any drill in the contents to jump to it.

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.
Speed work	Speed	1:4	28	New in this edition. Starts, accelerations, resisted, hill and sled sprints, flying runs, bounds and reaction drills.
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

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

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

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, halfway and the touchlines. Dashed lines are 5 m and 15 m in from each touchline, 5 m in from each tryline and 10 m either side of halfway. 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. **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.

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Volume running

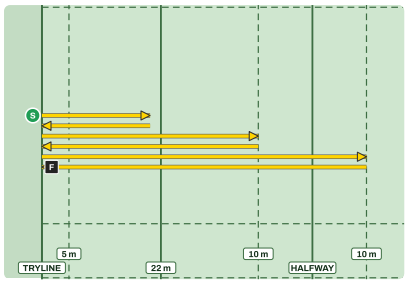
Longer shuttles and out-and-backs run continuously. They build the repeatable work capacity that holds up across a game.

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Bronco

Mixed fuel

Contents



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.

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

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.

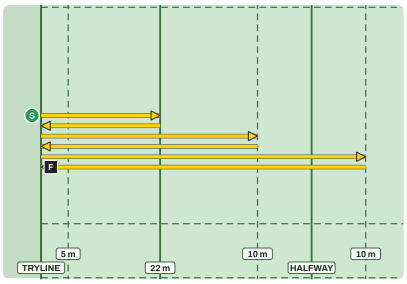
1. Run hard 20 m to the near 22 m line
2. Run hard 20 m to the near tryline
3. Run hard 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Run hard 60 m to the 60 m mark
6. Run hard 60 m to the near tryline

Viewer

22 Bronco

Mixed fuel

Contents



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.

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

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.

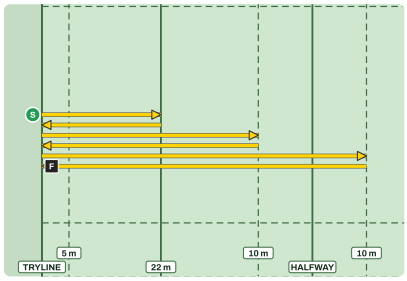
1. Run hard 22 m to the near 22 m line
2. Run hard 22 m to the near tryline
3. Run hard 40 m to the 40 m mark
4. Run hard 40 m to the near tryline
5. Run hard 60 m to the 60 m mark
6. Run hard 60 m to the near tryline

Viewer

Broken Bronco

Mixed fuel

Contents



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.

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

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.

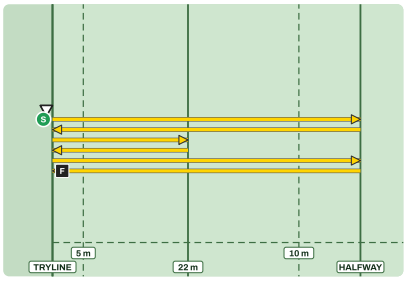
1. Run hard 22 m to the near 22 m line
2. Run hard 22 m to the near tryline
3. Rest 30 s
4. Run hard 40 m to the 40 m mark
5. Run hard 40 m to the near tryline
6. Rest 30 s
7. Run hard 60 m to the 60 m mark
8. Run hard 60 m to the near tryline

Viewer

Lion Heart

Mixed fuel

Contents



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.

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

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.

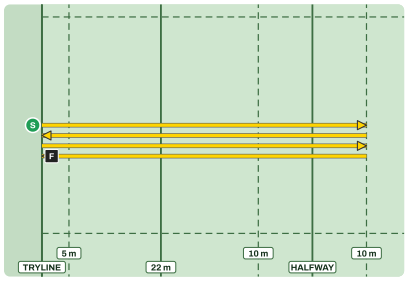
1. Run hard 50 m to halfway
2. Run hard 50 m to the near tryline
3. Down-up: drop to your chest and get back up fast
4. Run hard 22 m to the near 22 m line
5. Run hard 22 m to the near tryline
6. Down-up: drop to your chest and get back up fast
7. Run hard 50 m to halfway
8. Run hard 50 m to the near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

Viewer

Sixty2

Mixed fuel

Contents



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.

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.

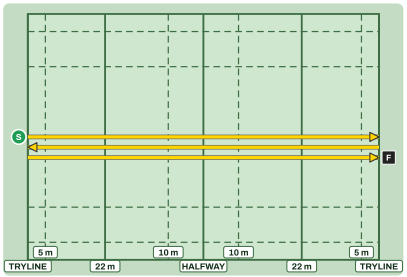
1. Run hard 60 m to the 60 m mark
2. Run hard 60 m to the near tryline
3. Run hard 60 m to the 60 m mark
4. Run hard 60 m to the near tryline

Viewer

200s and 100s

Mixed fuel

Contents



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. Alternate the direction each rep.

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.

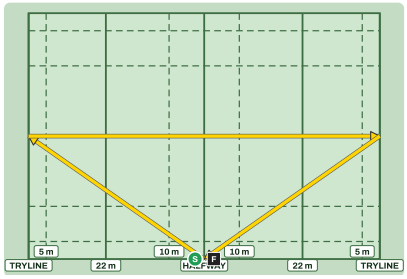
1. Run hard 100 m to the far tryline
2. Run hard 100 m to the near tryline
3. Rest 25 s
4. Run hard 100 m to the far tryline

Viewer

Coathanger

Mixed fuel

Contents



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.

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

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.

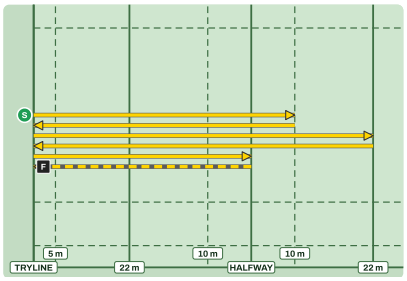
1. Run hard 61 m diagonally to the near tryline
2. Run hard 100 m to the far tryline
3. Run hard 61 m diagonally to halfway (touchline)
4. Rest 60 s

Viewer

Far 40 and 22 Shuttle

Aerobic power

Contents



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.

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

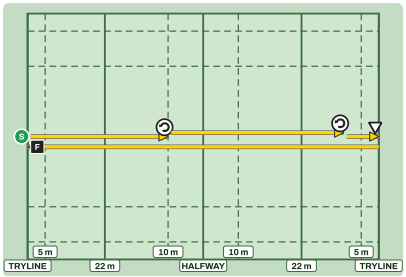
Run hard to the far 40 m line and back, run hard to the far 22 m line and back, then run hard to halfway and jog back.

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

Viewer

3-2-1 Mixed fuel

Contents



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.

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

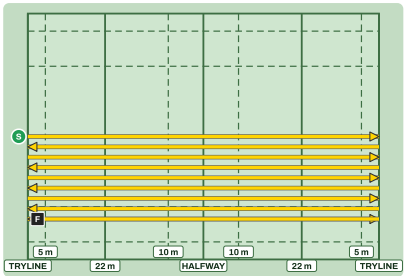
Start lying on the ground at the near tryline. Get up and run hard to 40 m, drop and roll left, get up and run hard to 90 m, drop and roll right, then get up and run hard to the far tryline. Do five down-ups, then run hard back to the start.

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

Viewer

Descending Ladder Aerobic power

Contents



1000 m working distance per rep | 1 reps (up to 2) | 6 changes of direction per rep

Start at the near tryline.

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

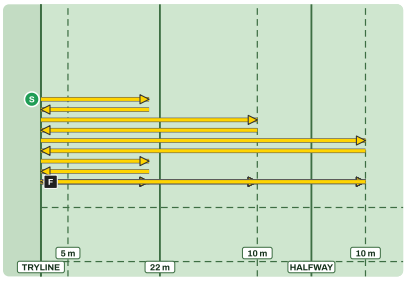
Run hard 400 m (four lengths) and rest 150 s, run hard 300 m and rest 120 s, run hard 200 m and rest 75 s, then run hard 100 m and rest 40 s.

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. Rest 150 s
6. Run hard 100 m to the far tryline
7. Run hard 100 m to the near tryline
8. Run hard 100 m to the far tryline
9. Rest 120 s
10. Run hard 100 m to the near tryline
11. Run hard 100 m to the far tryline
12. Rest 75 s
13. Run hard 100 m to the near tryline
14. Rest 40 s

Viewer

Bucking Bronco Aerobic power

Contents



1440 m working distance per rep | 1 reps (up to 2) | 33 changes of direction per rep

Start at the near tryline.

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

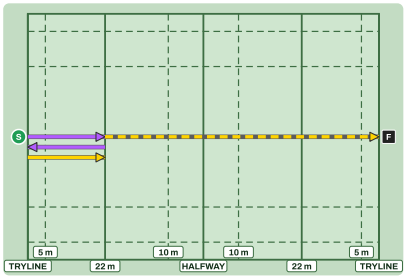
Run three Broncos hard in a row, rest 2 min, run two, rest 1 min, then run one all-out. One Bronco is 20 m and back, 40 m and back, then 60 m and back.

1. 3 times: Run hard 20 m → Run hard 20 m → Run hard 40 m → Run hard 40 m → Run hard 60 m → Run hard 60 m
2. Rest 120 s
3. 2 times: Run hard 20 m → Run hard 20 m → Run hard 40 m → Run hard 40 m → Run hard 60 m → Run hard 60 m
4. Rest 60 s 2 times: Run hard 20 m 2 times: Run hard 40 m 2 times: Run hard 60 m

Viewer

22m Repeats Aerobic power

Contents



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. Alternate the direction each rep.

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

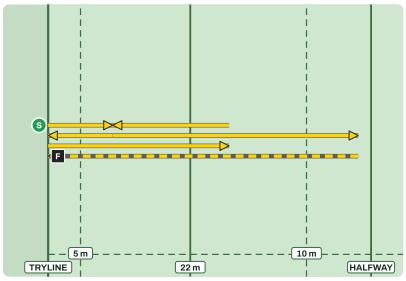
Sprint 22 m and back, run hard 22 m out again, then jog on to the far tryline.

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

Viewer

Yo-Yo Shuttle Mixed fuel

Contents



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.

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

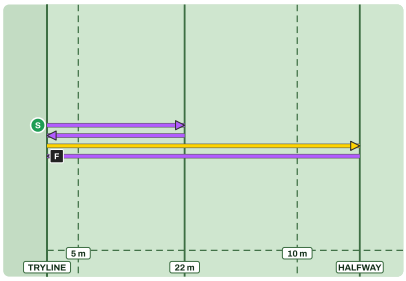
Run hard 10 m and back. Run hard to the 28 m line and back to the 10 m line, run hard out to the 48 m line, then jog back to the start.

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

Viewer

150 Shuttles Aerobic power

Contents



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.

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

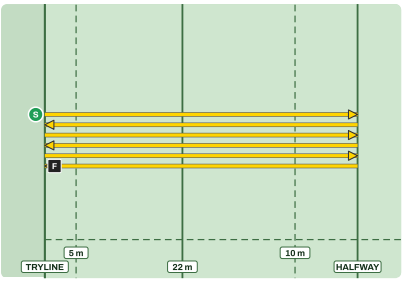
Sprint 22 m and back, then run hard 50 m and back.

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

Viewer

300 Shuttle Aerobic power

Contents



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.

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

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

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

Viewer

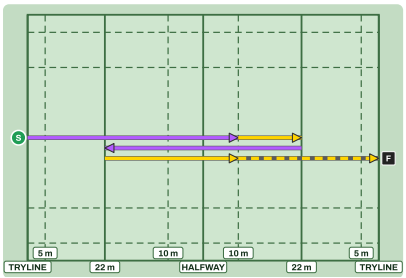
Functional running

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

Contents

80-60-40 Anaerobic

Contents



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. 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.

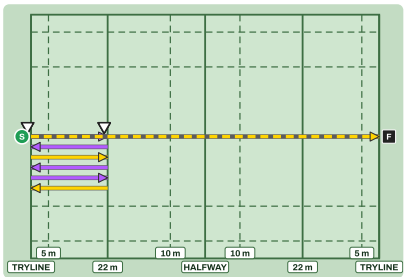
Sprint 60 m, then run hard on to the far 22 m line. Sprint back to the near 22 m line, then run hard on to the far 40 m line. Jog through to the far tryline.

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

Viewer

The Gill Anaerobic

Contents



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. 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.

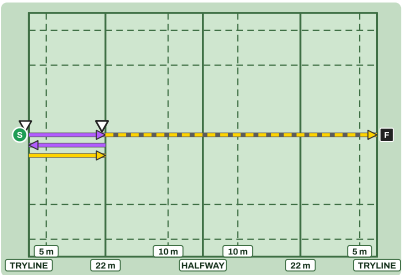
Make six 22 m legs, out and back between the tryline and the 22 m line, with a down-up after every leg: sprint, sprint, run hard, sprint, sprint, run hard. Then jog the length of the field to the far tryline.

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

Viewer

Mini Gill Mixed fuel

Contents



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. Alternate the direction each rep.

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

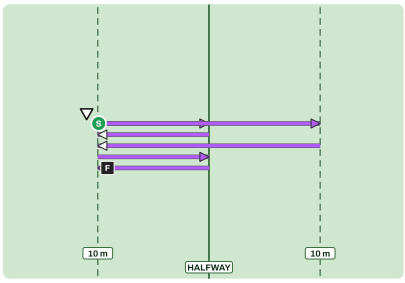
Make three 22 m legs with a down-up after each: sprint out, sprint back, run hard out. Then jog to the far tryline.

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

Viewer

Warrior Mixed fuel

Contents



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.

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

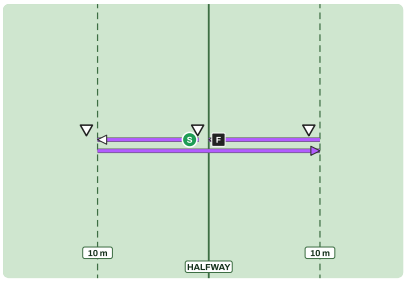
Start lying on your front at the 40 m line. Get up and sprint forward 10 m, sprint backwards to the 40 m line and do a down-up. Sprint forward 20 m, sprint backwards to the 40 m line and do a down-up. Sprint forward 10 m, then sprint backwards to the 40 m line.

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

Viewer

Malcolms Mixed fuel

Contents



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.

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

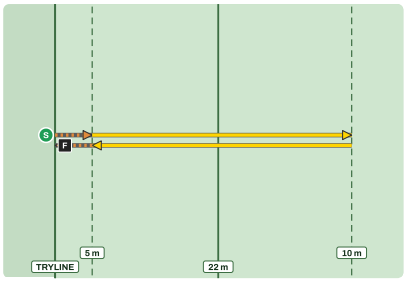
Start lying on your front at halfway. Get up and sprint backwards 10 m and do a down-up. Sprint forward 20 m and do a down-up. Sprint backwards 10 m and do a down-up.

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

Viewer

Titanium Mixed fuel

Contents



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.

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

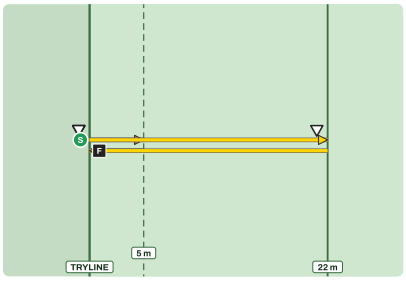
Bear crawl 5 m. Get up, run hard on to 40 m, then run hard back to the 5 m line. Bear crawl 5 m back to the start tryline.

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

Viewer

Franko Mixed fuel

Contents



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.

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

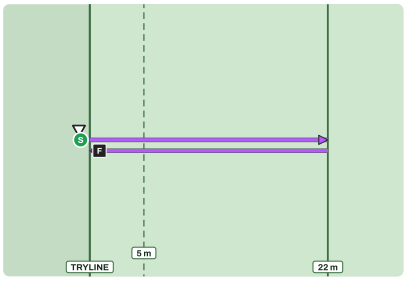
Do two down-ups. Bear crawl 5 m and back, then do a down-up. Run hard 22 m, do a down-up at the 22 m line, then run hard back to the start tryline.

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

Viewer

Scuttler Mixed fuel

Contents



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.

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

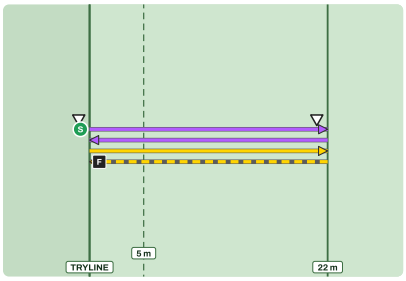
Sprint 22 m and back, then do two down-ups.

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

Viewer

22m Down-Ups Mixed fuel

Contents



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.

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

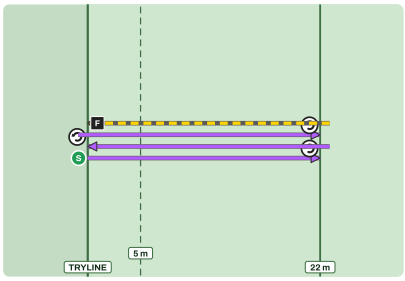
Sprint 22 m and do a down-up, sprint back to the tryline and do a down-up, run hard 22 m out again, then jog back.

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

Viewer

Sprint and Roll 22 Mixed fuel

Contents



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.

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

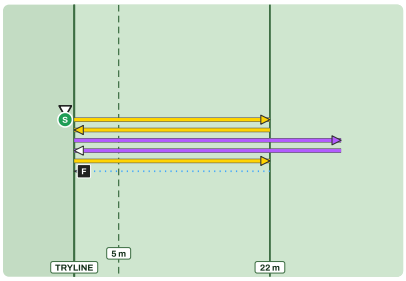
Sprint 22 m and roll left, sprint back and roll right, sprint 22 m out again and roll left, then jog back.

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

Viewer

Anaerobic Builder Anaerobic

Contents



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.

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

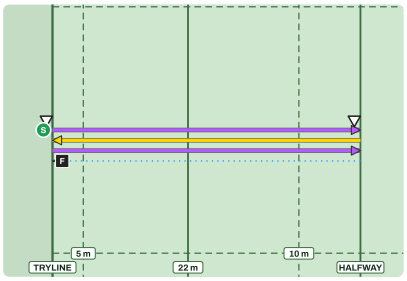
Run hard 22 m and back and do a down-up. Sprint 30 m and sprint backwards to the start, then do a down-up. Run hard 22 m, then walk back.

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

Viewer

150 Down-Ups Anaerobic

Contents



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.

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

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.

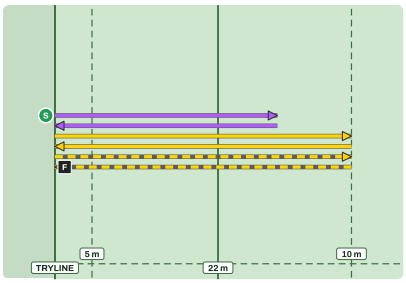
1. Sprint 50 m to halfway
2. Down-up: drop to your chest and get back up fast
3. Run hard 50 m to the near tryline
4. Down-up: drop to your chest and get back up fast
5. Sprint 50 m to halfway
6. Walk 50 m to the near tryline

Viewer

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).

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.

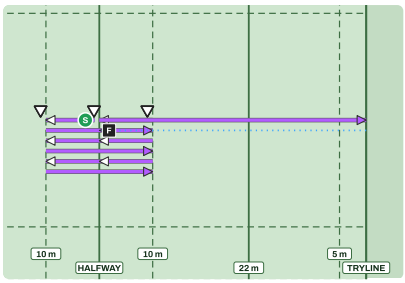
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

Malcolms with Sprint

Anaerobic

Contents



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.

1. 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.

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

Viewer

High speed

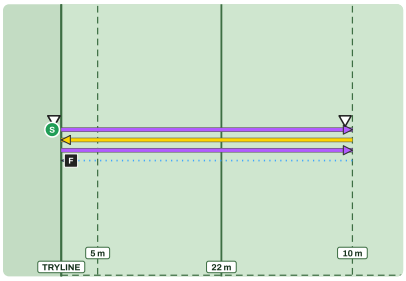
Maximal and near-maximal straight running, builds and flying runs. Full recovery so every rep is fast.

Contents

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.

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.

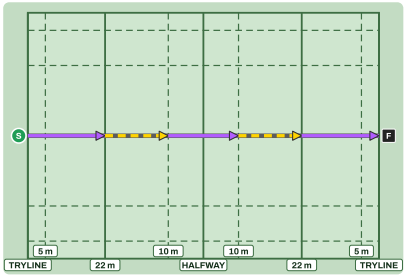
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Aerobic recovery.

Viewer

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.

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. Alternate the direction each rep.

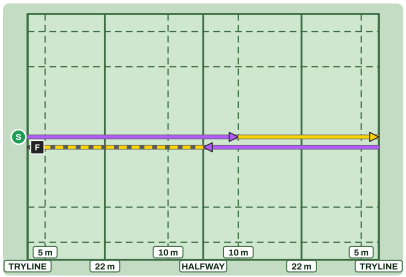
Default work to rest 1:4 at effort RPE 10. Also works as: Repeated speed.

Viewer

150s

Repeated speed

Contents



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

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.

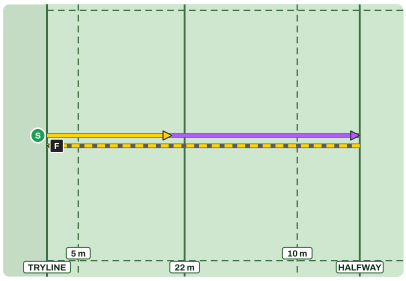
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Aerobic recovery.

Viewer

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.

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.

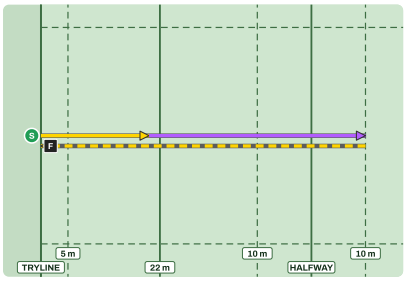
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Viewer

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.

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.

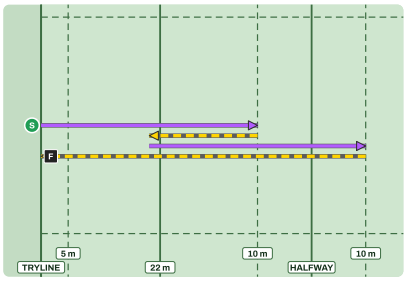
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Viewer

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.

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

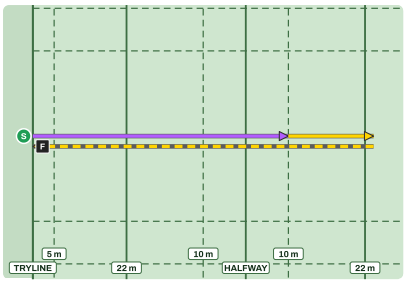
Start at the near tryline.

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

Viewer

80s Speed

Contents



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

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

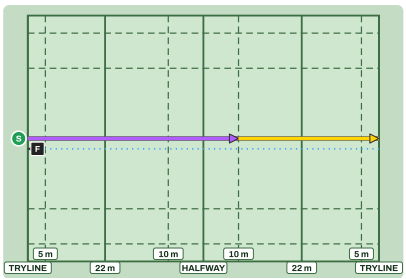
Start at the near tryline.

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

Viewer

Full Length 100 Repeated speed

Contents



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

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)

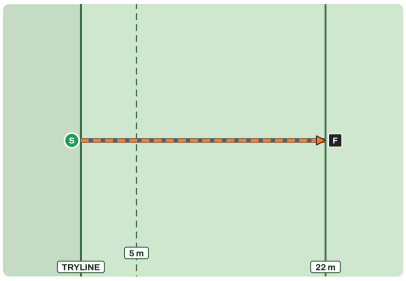
Start at the near tryline.

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

Viewer

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.

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)

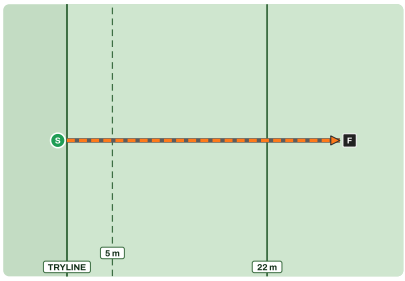
Start at the near tryline. The sled stays where it ends and the next rep takes it back.

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

Viewer

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.

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)

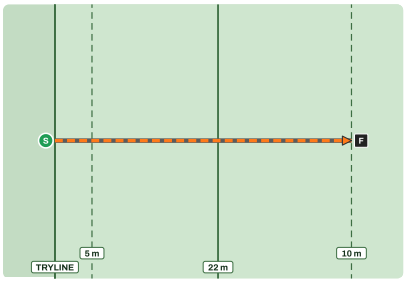
Start at the near tryline. The sled stays where it ends and the next rep takes it back.

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

Viewer

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.

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)

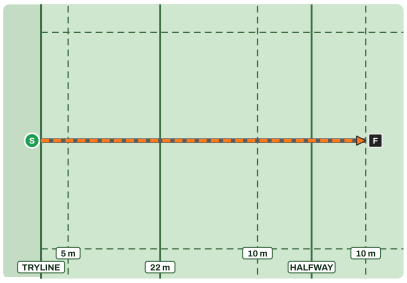
Start at the near tryline. The sled stays where it ends and the next rep takes it back.

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

Viewer

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.

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)

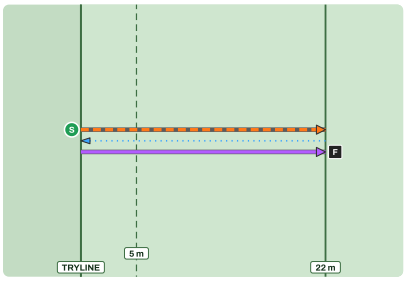
Start at the near tryline. The sled stays where it ends and the next rep takes it back.

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

Viewer

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.

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)

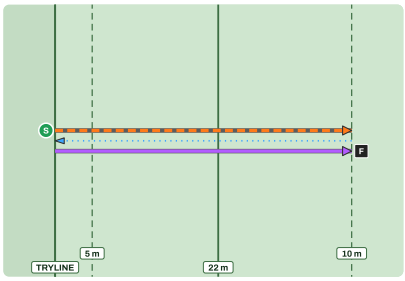
Start at the near tryline.

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

Viewer

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.

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.

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

Viewer

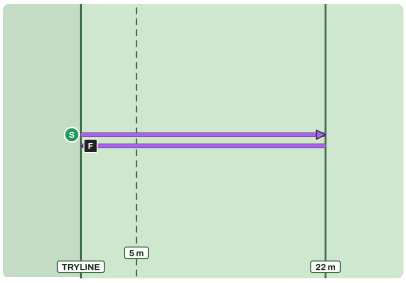
Repeated speed

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

Contents

44s Speed

Contents



Sprint 22 m and back.

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

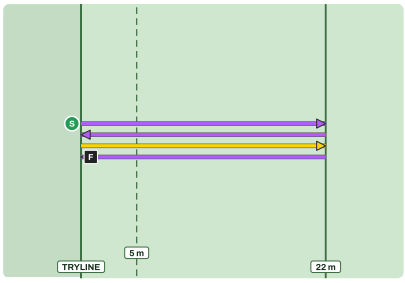
Start at the near tryline.

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

Viewer

88s Speed

Contents



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

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

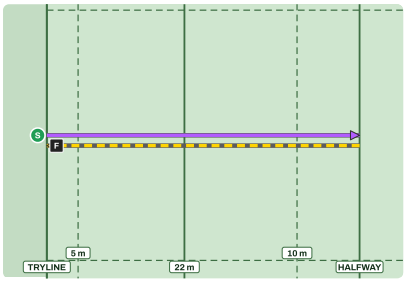
Start at the near tryline.

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

Viewer

Repeat 50s Speed

Contents



Sprint 50 m to halfway, then jog back.

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

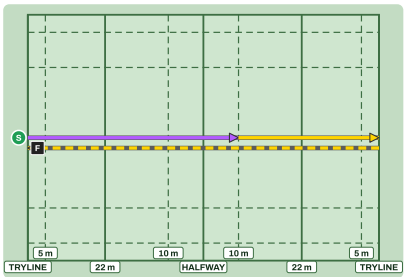
Start at the near tryline.

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

Viewer

Repeat 100s Repeated speed

Contents



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

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

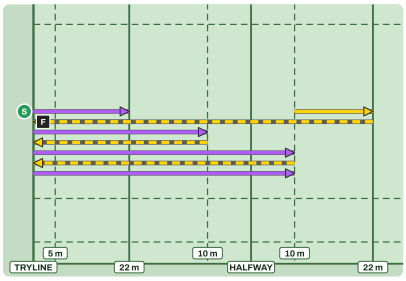
Start at the near tryline.

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

Viewer

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.

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

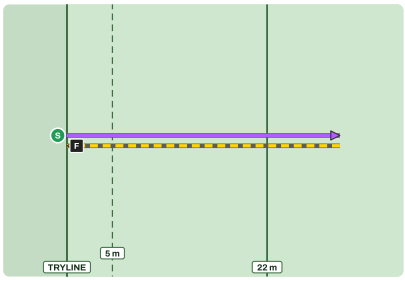
Start at the near tryline.

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

Viewer

Repeat 30s Speed

Contents



Sprint 30 m, then jog back.

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

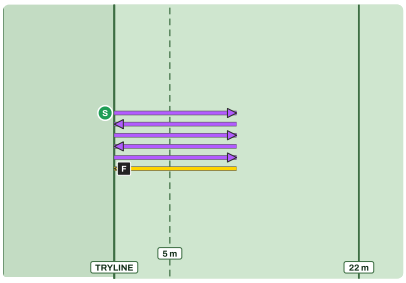
Start at the near tryline.

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

Viewer

Triple 11s Speed

Contents



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

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

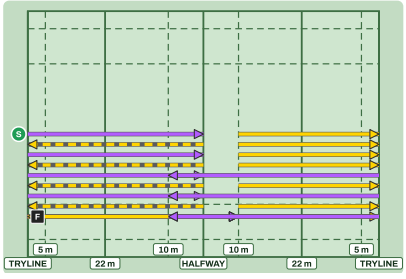
Start at the near tryline.

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

Viewer

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.

1. 4 times: Sprint 50 m → Jog 50 m
2. 3 times: Rest 30 s → Sprint 60 m → Run hard 40 m → Jog 100 m
3. 2 times: Rest 45 s → Sprint 60 m → Run hard 40 m → Sprint 60 m → Run hard 40 m
4. Rest 60 s
5. 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

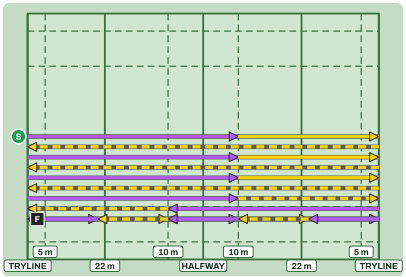
Start at the near tryline.

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

Viewer

100/60/20 Anaerobic

Contents



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

Start at the near tryline.

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

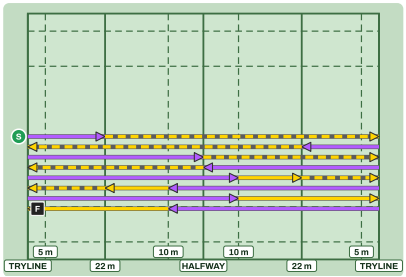
Sprint 60 m and run hard to the far tryline, three times. Then sprint 60 m and jog 40 m, four times. Then sprint 20 m and jog 20 m, six times.

1. 3 times: Sprint 60 m → Run hard 40 m → Jog 100 m
2. 4 times: Sprint 60 m → Jog 40 m
3. 2 times: Sprint 20 m → Jog 20 m → Sprint 20 m → Jog 20 m → Sprint 20 m

Viewer

Build-Ups Anaerobic

Contents



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

Start at the near tryline.

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

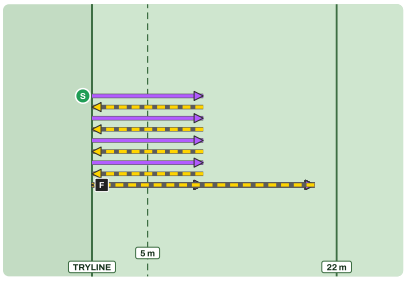
Sprint 22 m and jog on to the far tryline, sprint 78 m back and jog home. Sprint 50 m and jog on to the far tryline, sprint 50 m back and jog home. Sprint 60 m, run hard to the 78 m line and jog on to the far tryline, sprint 60 m back and run hard to the 22 m line, then jog home. Sprint 60 m, run hard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

1. 2 times: Sprint 22 m → Jog 78 m
2. 2 times: Sprint 50 m → Jog 50 m
3. 2 times: Sprint 60 m → Run hard 18 m → Jog 22 m
4. 2 times: Sprint 60 m → Run hard 40 m

Viewer

Repeat Sprints: Short Anaerobic

Contents



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

Start at the near tryline.

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

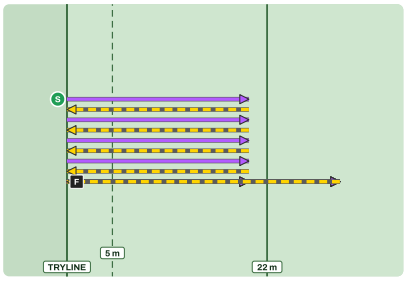
Do 10 maximal 10 m sprints, jogging back after each. Rest 2 min, then do 10 maximal 20 m sprints, jogging back after each.

1. 10 times: Sprint 10 m → Jog 10 m
2. Rest 120 s
3. 10 times: Sprint 20 m → Jog 20 m

Viewer

Repeat Sprints: Medium Anaerobic

Contents



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

Start at the near tryline.

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

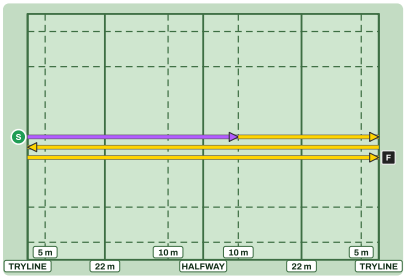
Do 10 maximal 20 m sprints, jogging back after each. Rest 2 min, then do 10 maximal 30 m sprints, jogging back after each.

1. 10 times: Sprint 20 m → Jog 20 m
2. Rest 120 s
3. 10 times: Sprint 30 m → Jog 30 m

Viewer

100/200 Drill Repeated speed

Contents



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. 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.

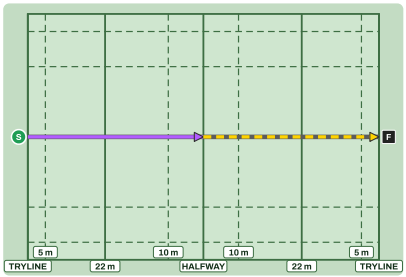
Sprint 60 m and run hard on to 100 m, then rest 40 s. Run hard 200 m by running back and out again, then rest 20 s.

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

Viewer

50s Jog-Through Speed

Contents



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

Start at the near tryline. Alternate the direction each rep.

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

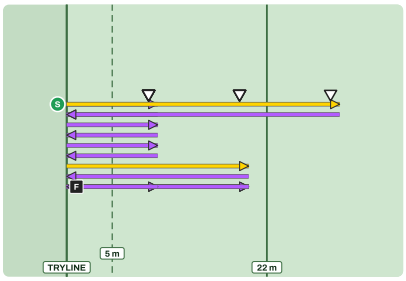
Sprint 50 m in about 7 s, then jog through the rest of the field.

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

Viewer

10-20-30s Anaerobic

Contents



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.

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

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.

1. 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

Viewer

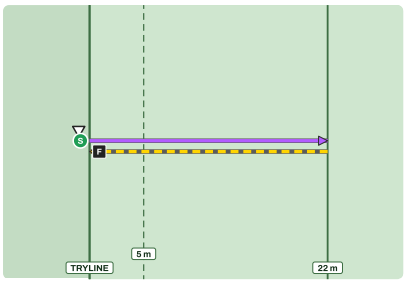
Agility and acceleration

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

Contents

Chest-Start 22 Speed

Contents



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

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

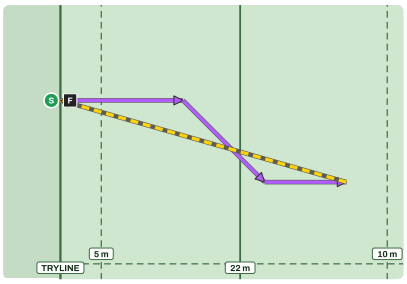
Start at the near tryline.

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

Viewer

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.

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

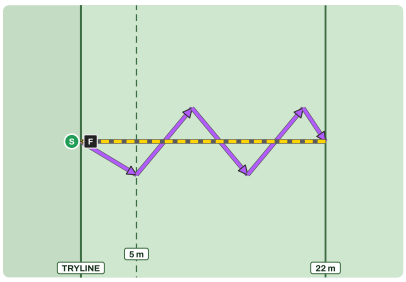
Start at the near tryline.

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

Viewer

Slalom Run 22m Speed

Contents



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

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

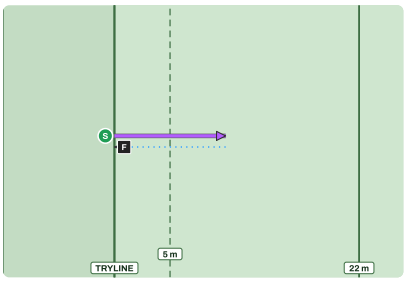
Start at the near tryline.

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

Viewer

10m Acceleration Speed

Contents



Sprint 10 m, then walk back.

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)

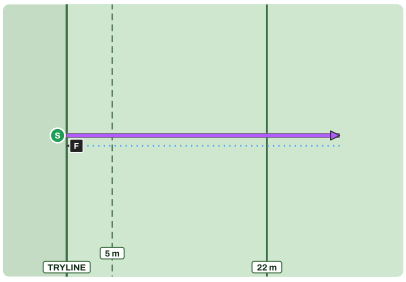
Start at the near tryline.

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

Viewer

30m Acceleration Speed

Contents



Sprint 30 m, then walk back.

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)

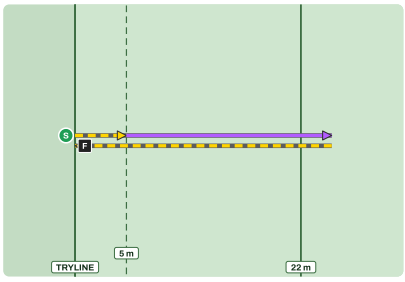
Start at the near tryline.

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

Viewer

Jog-in Acceleration 20 Speed

Contents



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

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

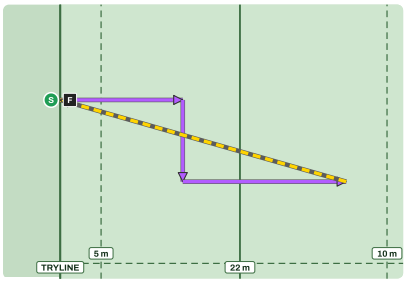
Start at the near tryline.

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

Viewer

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.

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

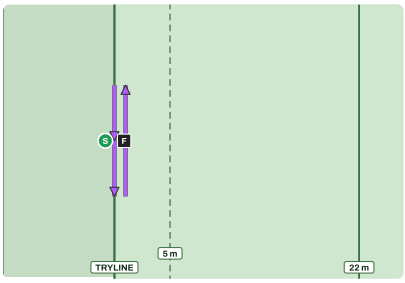
Start at the near tryline.

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

Viewer

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.

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

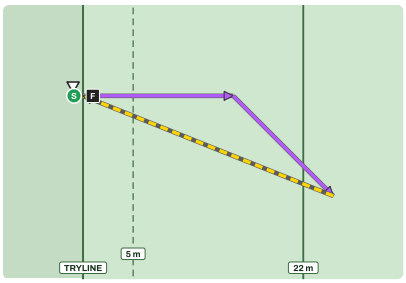
Start at the near tryline.

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

Viewer

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.

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

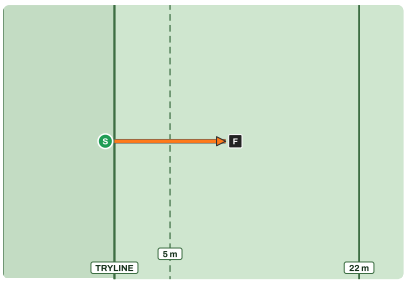
Start at the near tryline.

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

Viewer

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.

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)

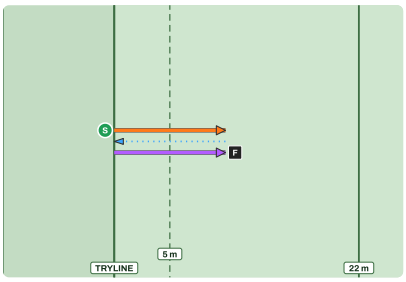
Start at the near tryline. The sled stays where it ends and the next rep takes it back.

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

Viewer

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.

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)

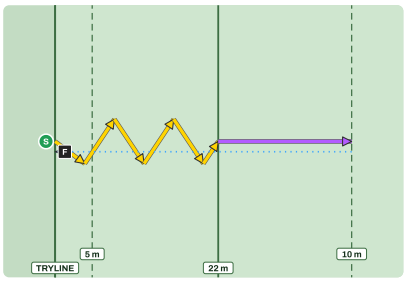
Start at the near tryline.

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

Viewer

Weave and Go Speed

Contents



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

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

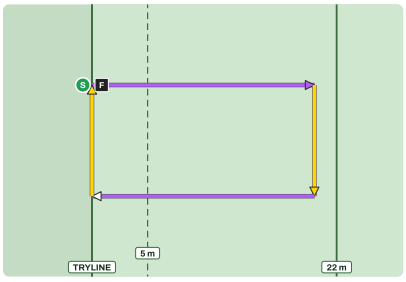
Start at the near tryline.

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

Viewer

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.

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.

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

Viewer

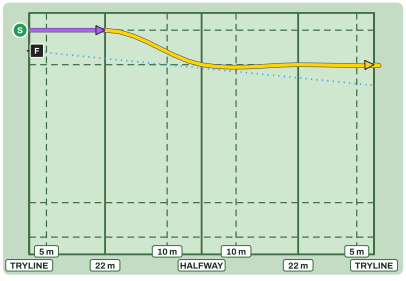
Curve Zag Swerve

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

Contents

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.

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)

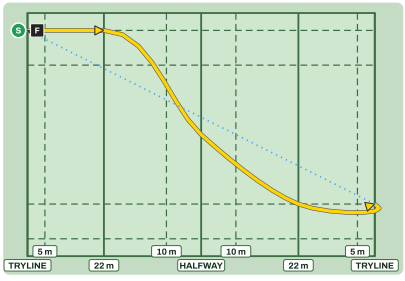
Start at the near tryline, on the opposite touchline.

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

Viewer

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.

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.

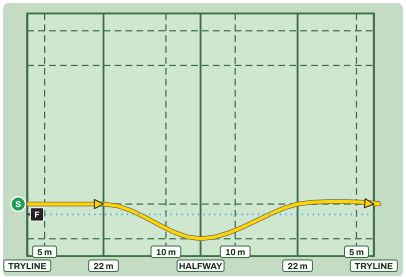
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

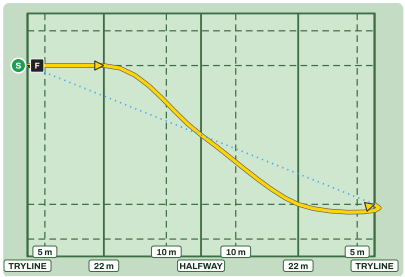
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

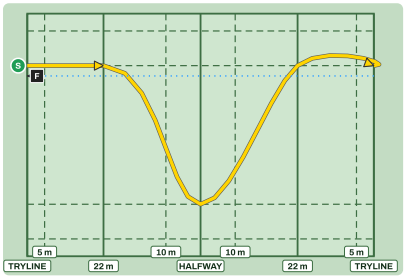
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

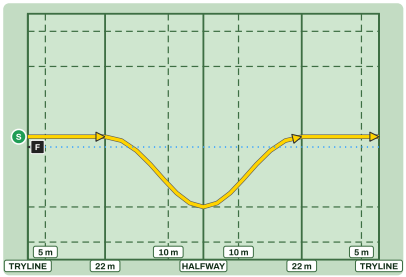
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

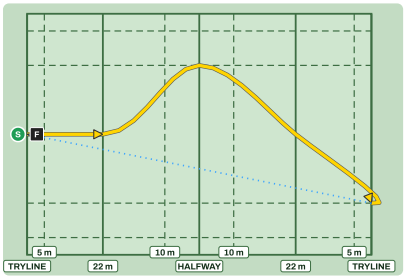
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

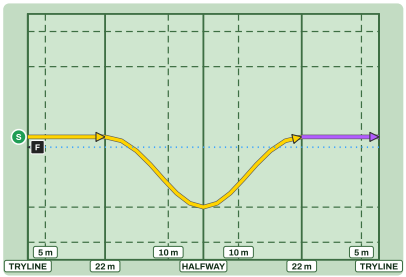
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

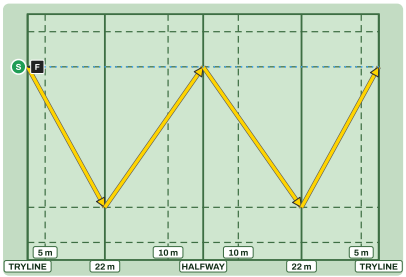
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

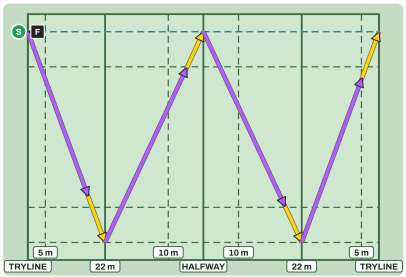
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

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

Viewer

Contact fitness

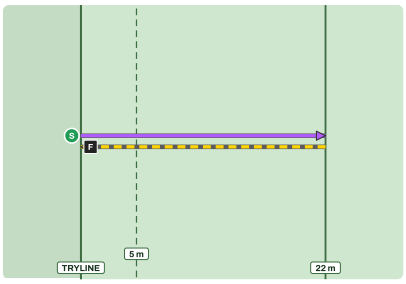
Fitness drills that add ground work, exercises and contact skills to running. Hard work, short rest.

Contents

Kneeling Wrestle to Sprint

Anaerobic

Contents



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

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

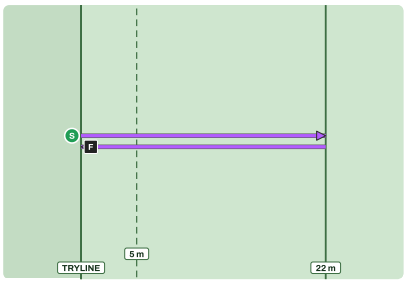
44 m working distance per rep, 176 m in 4 reps | 4 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Viewer

Standing Wrestle to Shuttle

Anaerobic

Contents



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

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

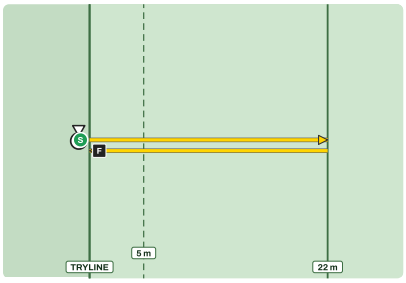
44 m working distance per rep, 176 m in 4 reps 4 reps (up to 8) 1 change of direction per rep
Start at the near tryline.
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Viewer

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.

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

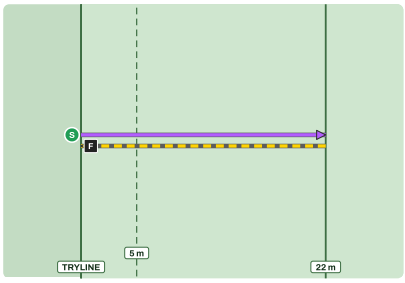
44 m working distance per rep, 176 m in 4 reps | 4 reps (up to 8) | 1 change of direction per rep | 1 down-up per rep
Start at the near tryline.
Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Viewer

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.

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

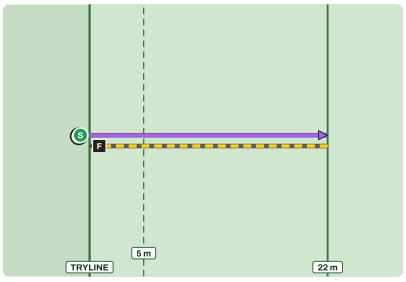
44 m working distance per rep, 176 m in 4 reps | 4 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Viewer

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.

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

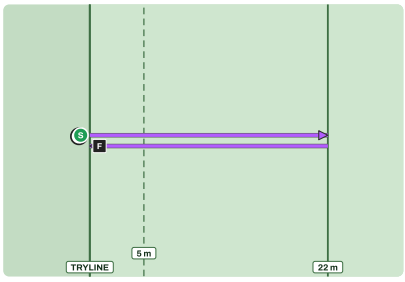
44 m working distance per rep, 176 m in 4 reps | 4 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Viewer

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.

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

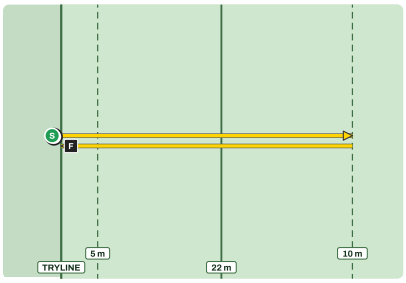
44 m working distance per rep, 132 m in 3 reps | 3 reps (up to 6) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Anaerobic.

Viewer

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.

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

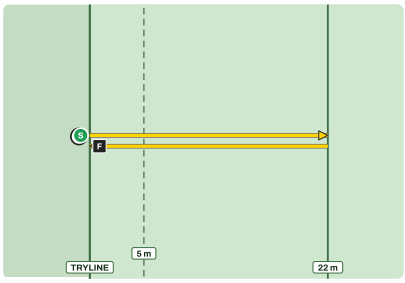
80 m working distance per rep, 320 m in 4 reps | 4 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

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.

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

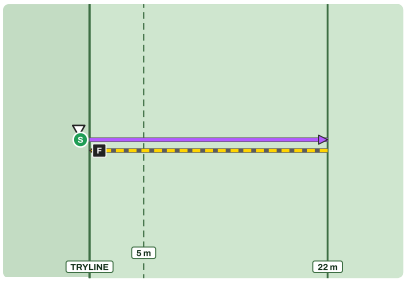
44 m working distance per rep, 132 m in 3 reps | 3 reps (up to 6) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

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.

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.

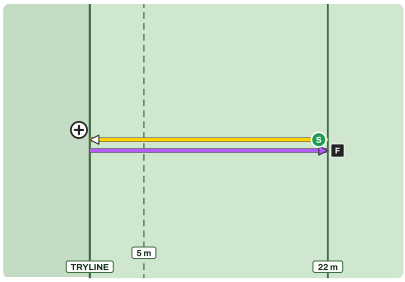
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Speed, Repeated speed.

Viewer

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.

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.

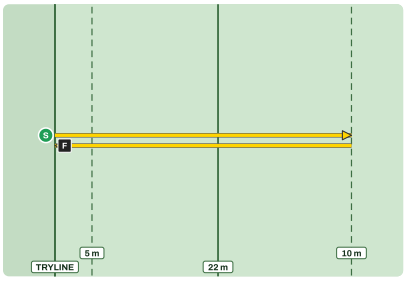
Default work to rest 2:1 (or 1:1) at effort RPE 10.

Viewer

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.

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.

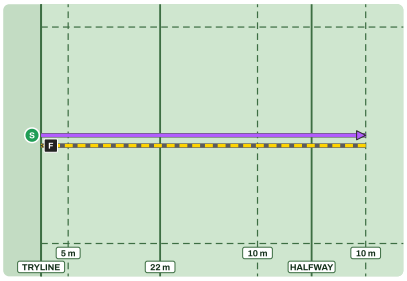
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

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.

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.

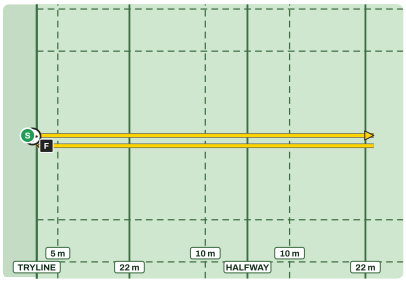
Default work to rest 2:1 (or 1:1) at effort RPE 10. Also works as: Speed.

Viewer

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.

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.

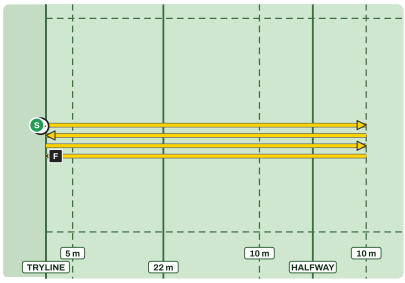
Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Viewer

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.

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.

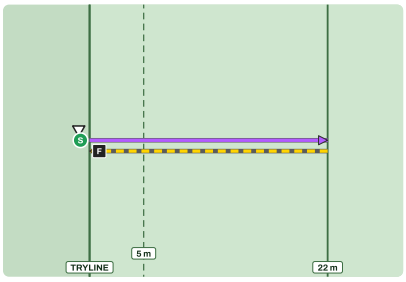
Default work to rest 3:1 (or 2:1) at effort RPE 9. Also works as: Mixed fuel, Aerobic power, Aerobic recovery.

Viewer

Wrestle, Down-Up, Sprint

Anaerobic

Contents



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

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.

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

Viewer

MAS and aerobic

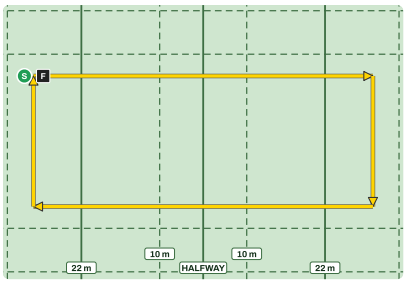
Maximal aerobic speed and continuous aerobic running. Work is longer than rest at moderate to hard effort.

Contents

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.

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.

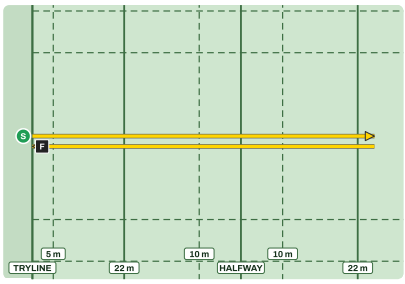
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic power, Aerobic recovery.

Viewer

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.

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.

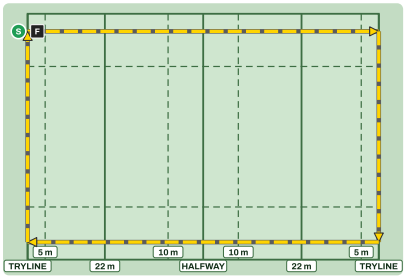
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

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.

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.

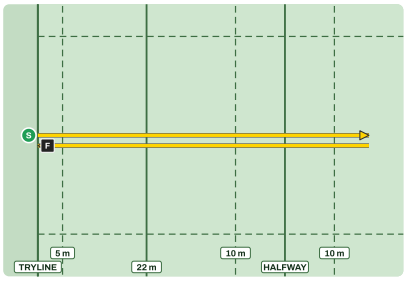
Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Anaerobic, Mixed fuel, Aerobic recovery.

Viewer

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.

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.

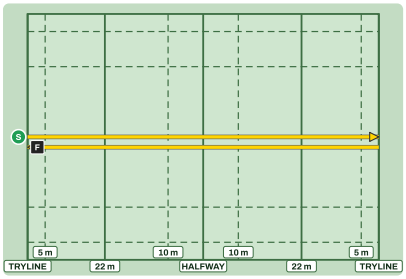
Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed, Aerobic recovery.

Viewer

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.

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.

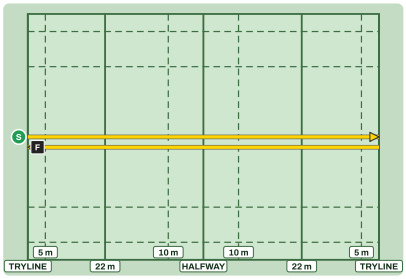
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

MAS 30:30

Mixed fuel

Contents



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

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.

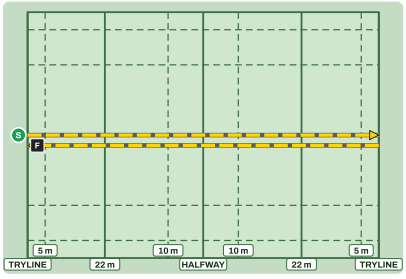
Default work to rest 1:1 at effort RPE 7.5. Also works as: Repeated speed, Anaerobic, Aerobic recovery.

Viewer

Tempo 200s

Aerobic power

Contents



Run steady 100 m and back.

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.

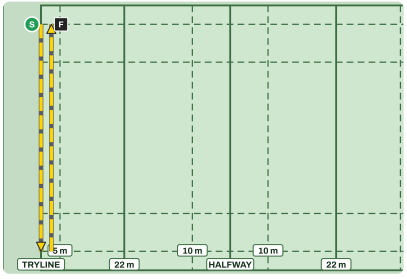
Default work to rest 3:1 (or 2:1) at effort RPE 7. Also works as: Repeated speed, Anaerobic, Mixed fuel, Aerobic recovery.

Viewer

Width Tempo 60s

Aerobic power

Contents



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

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

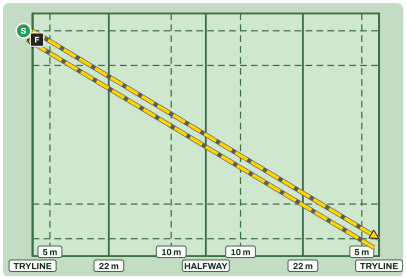
Start at the near tryline, on the opposite touchline.

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

Viewer

Diagonal Tempo Aerobic power

Contents



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

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

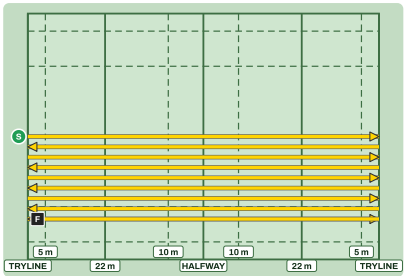
Start at the near tryline, on the opposite touchline.

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

Viewer

1 km Repeat Aerobic power

Contents



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

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.

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

Viewer

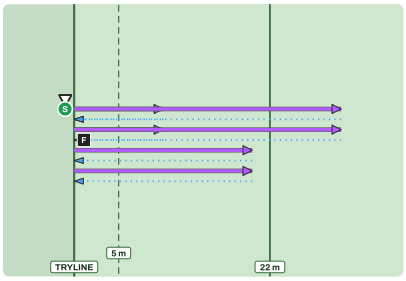
Speed work

Straight-line speed development: starts, accelerations, resisted, hill and sled sprints, flying runs, bounds and short reaction drills. Full recovery so every rep is fast.

Contents

Acceleration Ladder Speed

Contents



Sprint 10 m twice, 20 m twice and 30 m twice in ladder fashion, starting from varied positions: stomach, back and crouch (shown as a down-up). Walk back and rest 60 s between sprints, rest 3 min and repeat the ladder. Every rep above 90% intent.

1. Sprint 10 m
2. Walk back 10 m
3. Down-up: drop to your chest and get back up fast
4. Sprint 10 m
5. Walk back 10 m
6. Sprint 20 m
7. Walk back 20 m
8. Down-up: drop to your chest and get back up fast
9. Sprint 20 m
10. Walk back 20 m
11. Sprint 30 m
12. Walk back 30 m
13. Down-up: drop to your chest and get back up fast
14. Sprint 30 m
15. Walk back 30 m

120 m working distance per rep, 240 m in 2 reps | 2 reps (up to 3) | 3 down-ups per rep

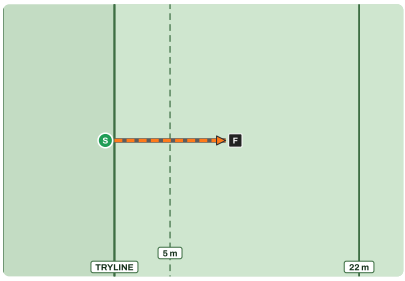
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Sled Sprints 10m Speed

Contents



Pull a light sled (5 to 10% of bodyweight) 10 m. Rest at the sled; the next rep starts from there. With a partner, walk back to your own start point while they go. Set 1 of 3: 10 reps on 45 s.

1. Sled sprint 10 m

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

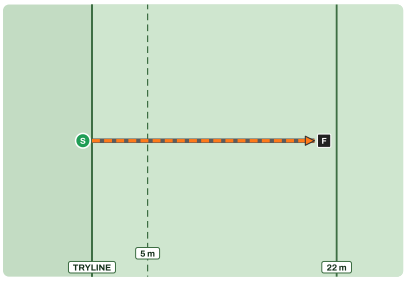
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Sled Sprints 20m Speed

Contents



Pull a light sled (5 to 10% of bodyweight) 20 m. Rest at the sled; the next rep starts from there. With a partner, walk back to your own start point while they go. Set 2 of 3: 5 reps on 90 s, after 3 min rest.

1. Sled sprint 20 m

20 m working distance per rep, 100 m in 5 reps | 5 reps (up to 8)

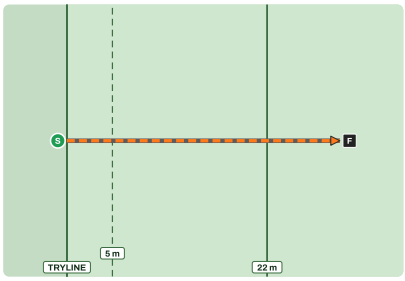
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Sled Sprints 30m Speed

Contents



Pull a light sled (5 to 10% of bodyweight) 30 m. Rest at the sled; the next rep starts from there. With a partner, walk back to your own start point while they go. Set 3 of 3: 5 reps on 2 min, after 3 min rest.

1. Sled sprint 30 m

30 m working distance per rep, 150 m in 5 reps | 5 reps (up to 8)

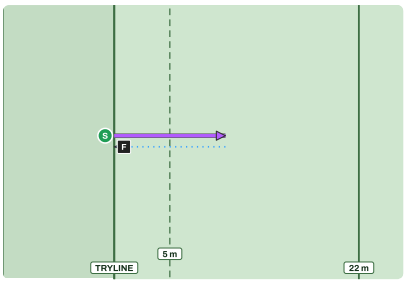
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Hill Sprints 10m Speed

Contents



Sprint 10 m uphill on a 10 to 30 degree slope from a static start, then walk back. The map shows the run on the flat. Set 1: 5 reps on 45 s.

1. Sprint 10 m
2. Walk back 10 m

10 m working distance per rep, 50 m in 5 reps | 5 reps (up to 8)

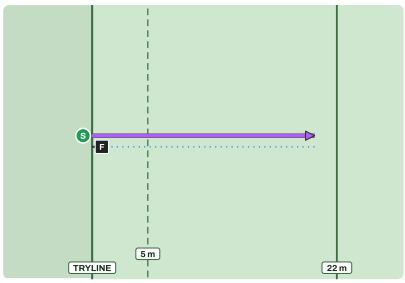
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Hill Sprints 20m Speed

Contents



Sprint 20 m uphill on a 10 to 30 degree slope from a static start, then walk back. The map shows the run on the flat. Set 1: 5 reps on 60 s.

1. Sprint 20 m
2. Walk back 20 m

20 m working distance per rep, 100 m in 5 reps | 5 reps (up to 8)

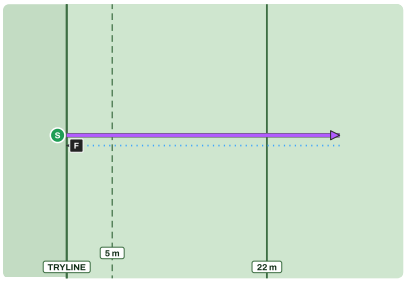
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Hill Sprints 30m Speed

Contents



Sprint 30 m uphill on a 10 to 30 degree slope from a static start, then walk back. The map shows the run on the flat. 3 reps on 90 s.

1. Sprint 30 m
2. Walk back 30 m

30 m working distance per rep, 90 m in 3 reps | 3 reps (up to 8)

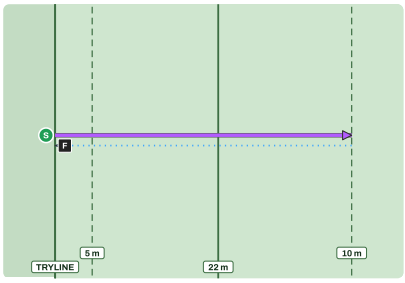
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Hill Sprints 40m Speed

Contents



Sprint 40 m uphill on a 10 to 30 degree slope from a static start, then walk back. The map shows the run on the flat. Set 2: 3 reps on 2 min.

1. Sprint 40 m
2. Walk back 40 m

40 m working distance per rep, 120 m in 3 reps | 3 reps (up to 8)

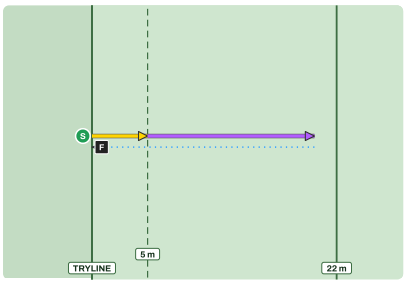
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Partner Resisted Accel Speed

Contents



A partner resists you with a belt or hands for the first 5 m, then you break free into a 15 m free sprint. Walk back.

1. Run hard 5 m
2. Sprint 15 m
3. Walk back 20 m

20 m working distance per rep, 100 m in 5 reps | 5 reps (up to 8)

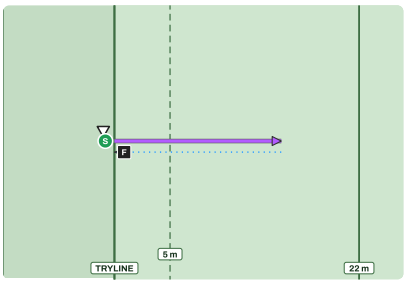
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Step and Straighten Start Speed

Contents



Start from varied positions (knees, back, chest or after a roll). Step, straighten and accelerate for 15 m. Walk back.

1. Down-up: drop to your chest and get back up fast
2. Sprint 15 m
3. Walk back 15 m

15 m working distance per rep, 60 m in 4 reps | 4 reps (up to 8) | 1 down-up per rep

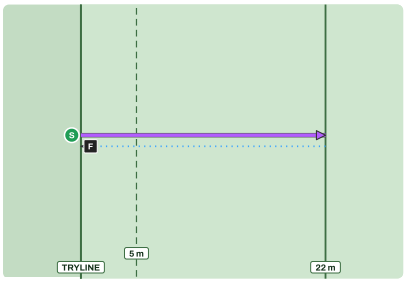
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Straight 22 Accelerations Speed

Contents



Accelerate in a straight line for 22 m, then walk back.

1. Sprint 22 m
2. Walk back 22 m

22 m working distance per rep, 44 m in 2 reps | 2 reps (up to 8)

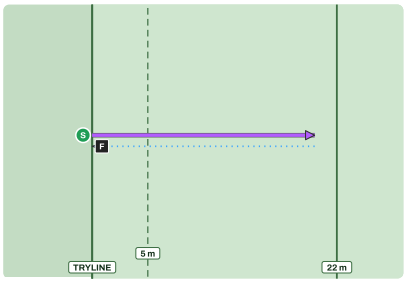
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

1 v 1 Race 20 Speed

Contents



Race a partner over 20 m from a standing start. Walk back.

1. Sprint 20 m
2. Walk back 20 m

20 m working distance per rep, 40 m in 2 reps | 2 reps (up to 8)

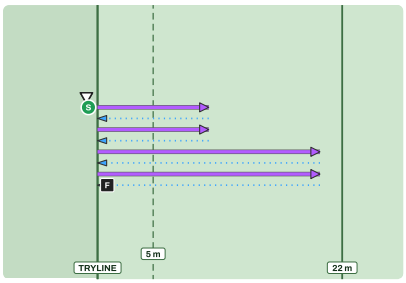
Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

Viewer

Acceleration Ladder Short Speed

Contents



60 m working distance per rep, 60 m in 1 reps | 1 reps (up to 3) | 2 down-ups per rep

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

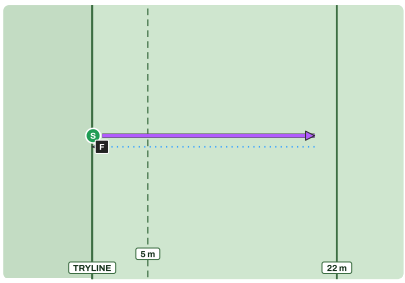
Sprint 10 m twice and 20 m twice from varied starts (shown as a down-up), walking back and resting 45 s between sprints.

1. Sprint 10 m
2. Walk back 10 m
3. Down-up: drop to your chest and get back up fast
4. Sprint 10 m
5. Walk back 10 m
6. Sprint 20 m
7. Walk back 20 m
8. Down-up: drop to your chest and get back up fast
9. Sprint 20 m
10. Walk back 20 m

Viewer

Push-Up Start Sprints Speed

Contents



19 m working distance per rep, 76 m in 4 reps | 4 reps (up to 8)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

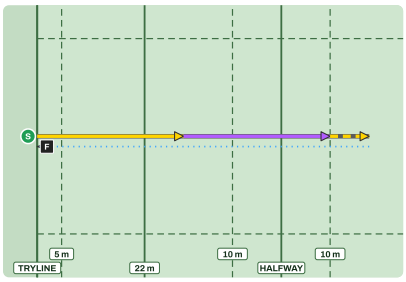
Start in the push-up position, get up and sprint 20 m. Full recovery between reps.

1. Sprint 19 m
2. Walk back 20 m

Viewer

Flying Sprints 30-30 Speed

Contents



68 m working distance per rep, 340 m in 5 reps | 5 reps (up to 8)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

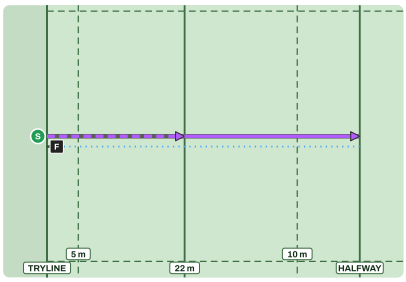
Build over 30 m to reach maximal speed, hold max for 30 m, then decelerate gradually. Walk back. Every fly above 90% of max speed or it does not count.

1. Run hard 30 m
2. Sprint 30 m
3. Jog 8 m
4. Walk back 68 m

Viewer

Bound to Sprint Speed

Contents



50 m working distance per rep, 250 m in 5 reps | 5 reps (up to 8)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

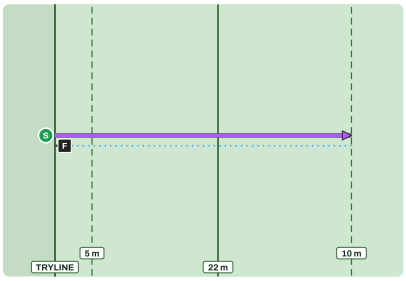
Alternating bounds for 22 m, jumping out as far as possible each contact. At 22 m shift immediately into a full sprint through 28 m. Walk back.

1. Bound 22 m
2. Sprint 28 m
3. Walk back 50 m

Viewer

Partner 40s Speed

Contents



40 m working distance per rep, 160 m in 4 reps | 4 reps (up to 8)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

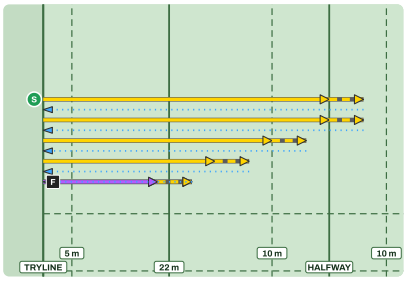
A partner of similar speed starts 5 m ahead over a 40 m sprint. The chaser tries to catch, the rabbit tries to hold the gap. Swap roles each rep.

1. Sprint 40 m
2. Walk back 40 m

Viewer

Explosive Runs Builder Speed

Contents



246 m working distance per rep, 246 m in 1 reps | 1 reps (up to 2)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

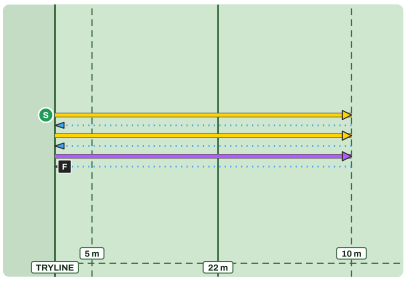
2 x 50 m at 70%, 1 x 40 m at 80%, 1 x 30 m at 90% and 2 x 20 m at 100%. Decelerate within 6 m after every rep and walk back.

1. Run hard 50 m
2. Jog 6 m
3. Walk back 56 m
4. Run hard 50 m
5. Jog 6 m
6. Walk back 56 m
7. Run hard 40 m
8. Jog 6 m
9. Walk back 46 m
10. Run hard 30 m
11. Jog 6 m
12. Walk back 36 m
13. Sprint 20 m
14. Jog 6 m
15. Walk back 26 m
16. Sprint 20 m
17. Jog 6 m
18. Walk back 26 m

Viewer

Build-Ups 40 Speed

Contents



120 m working distance per rep, 120 m in 1 reps | 1 reps (up to 3)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

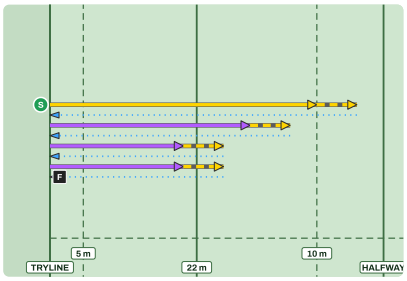
Three 40 m runs at 70%, 80% and 90% of top speed, walking back between each.

1. Run hard 40 m
2. Walk back 40 m
3. Run hard 40 m
4. Walk back 40 m
5. Sprint 40 m
6. Walk back 40 m

Viewer

Explosive Runs Short Speed

Contents



134 m working distance per rep, 134 m in 1 reps | 1 reps (up to 2)

Start at the near tryline.

Default work to rest 1:4 at effort RPE 10.

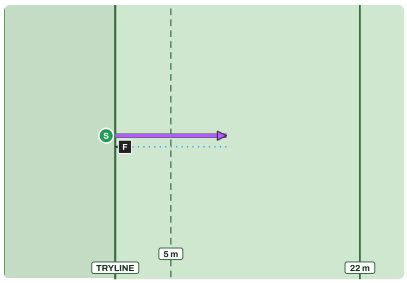
1 x 40 m at 80%, 1 x 30 m at 90% and 2 x 20 m at 100%. Decelerate within 6 m after every rep and walk back.

1. Run hard 40 m
2. Jog 6 m
3. Walk back 46 m
4. Sprint 30 m
5. Jog 6 m
6. Walk back 36 m
7. Sprint 20 m
8. Jog 6 m
9. Walk back 26 m
10. Sprint 20 m
11. Jog 6 m
12. Walk back 26 m

Viewer

Accelerate-Decelerate 10m Speed

Contents



Sprint 10 m, then stop as fast as possible: drop the hips and stay on the balls of the feet. Walk back.

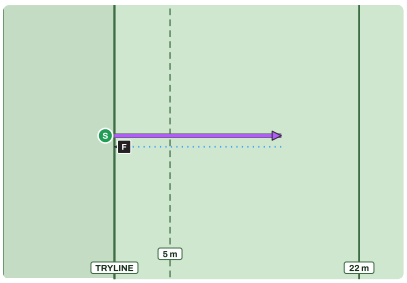
1. Sprint 10 m
2. Walk back 10 m

10 m working distance per rep, 40 m in 4 reps | 4 reps (up to 8)
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Accelerate-Decelerate 15m Speed

Contents



Sprint 15 m, then stop as fast as possible: drop the hips and stay on the balls of the feet. Walk back.

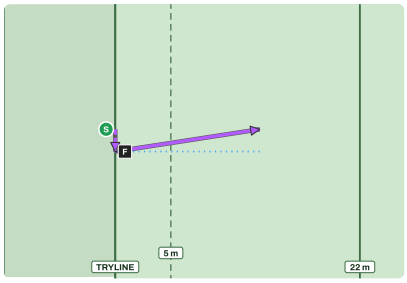
1. Sprint 15 m
2. Walk back 15 m

15 m working distance per rep, 60 m in 4 reps | 4 reps (up to 8)
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Lateral Jump to Sprint Speed

Contents



Jump laterally off the outside foot, land, and immediately sprint 13 m. The transfer from landing to sprinting is the whole point: make it instant. Alternate feet.

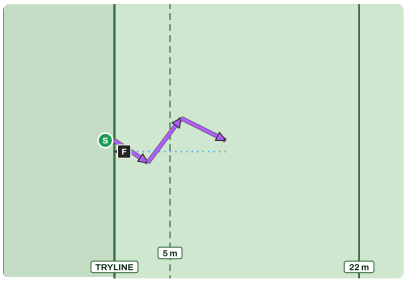
1. Lateral hop 2 m
2. Sprint 13 m
3. Walk back 13 m

15 m working distance per rep, 91 m in 6 reps | 6 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

React and Evade Speed

Contents



1 v 1 over 10 m: the attacker evades, the defender tracks front-on or from the side. The attacker finishes every rep with a maximal 10 m sprint. The map shows the attacker.

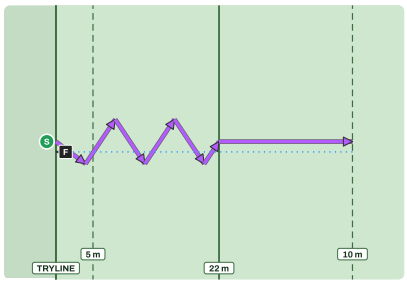
1. Sprint 4 m
2. Sprint 5 m
3. Sprint 4 m
4. Walk back 10 m

13 m working distance per rep, 78 m in 6 reps | 6 reps (up to 8) | 2 changes of direction per rep
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Weave Run Speed

Contents



Six cones in a zig-zag about 3 m apart over 22 m: run the weave at max speed, then straighten and sprint 18 m through the finish. Walk back.

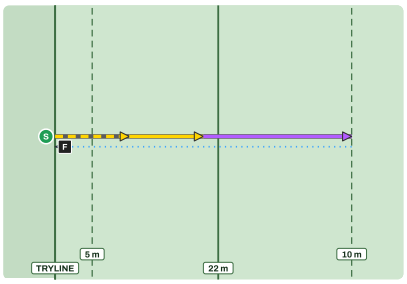
1. Sprint 5 m
2. Sprint 7 m
3. Sprint 7 m
4. Sprint 7 m
5. Sprint 7 m
6. Sprint 4 m
7. Sprint 18 m
8. Walk back 40 m

55 m working distance per rep, 277 m in 5 reps | 5 reps (up to 8) | 6 changes of direction per rep
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Change of Pace Speed

Contents



Change of pace: 10 m build, 10 m hold, then accelerate hard for 20 m. Walk back.

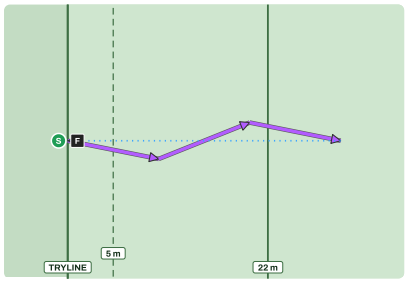
1. Jog 10 m
2. Run hard 10 m
3. Sprint 20 m
4. Walk back 40 m

40 m working distance per rep, 80 m in 2 reps | 2 reps (up to 8)
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Hop to Swerve Sprint Speed

Contents



A single-leg hop into a 30 m swerving sprint, alternating legs. Walk back.

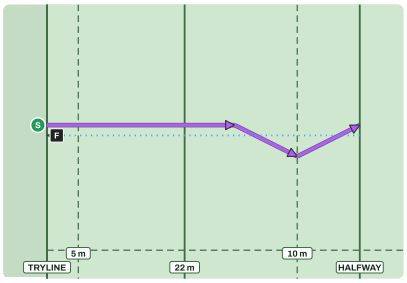
1. Sprint 10 m
2. Sprint 11 m
3. Sprint 10 m
4. Walk back 30 m

31 m working distance per rep, 187 m in 6 reps | 6 reps (up to 8)
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

Pattern Race Speed

Contents



Pattern run as a partner race: 10 m out, 20 m straight, then 20 m swerving in. Walk back.

1. Sprint 30 m
2. Sprint 11 m
3. Sprint 11 m
4. Walk back 50 m

52 m working distance per rep, 105 m in 2 reps | 2 reps (up to 8) | 1 change of direction per rep
Start at the near tryline.
Default work to rest 1:4 at effort RPE 10.

Viewer

ST templates

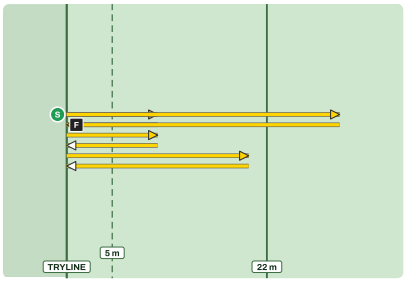
ST Performance combinations of crawls, rolls and strength exercises with sprints and shuttles. Work and rest are close to even.

Contents

Broken Pony

Aerobic power

Contents



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.

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

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.

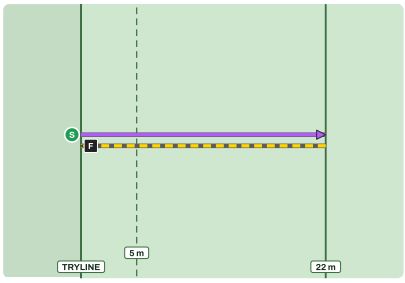
1. 10 press-ups
2. Crawl 10 m to the 10 m mark
3. Crawl 10 m to the near tryline
4. Run hard 10 m to the 10 m mark
5. Backpedal 10 m to the near tryline
6. Run hard 20 m to the near 22 m line
7. Backpedal 20 m to the near tryline
8. Run hard 30 m to the 30 m mark
9. Run hard 30 m to the near tryline

Viewer

Burpee Sprint 22

Mixed fuel

Contents



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.

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

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

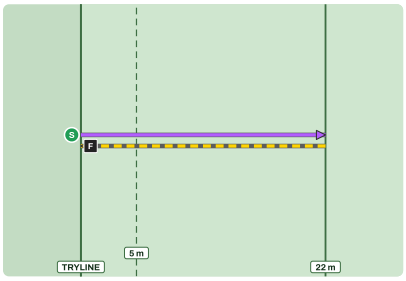
1. 5 burpees
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

Viewer

Squat Jump Sprint 22

Mixed fuel

Contents



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.

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

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

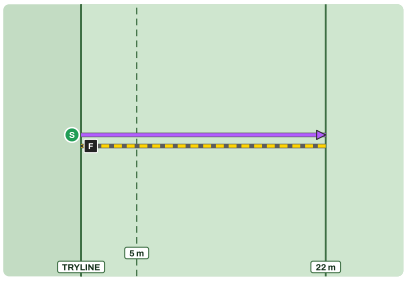
1. 8 squat jumps
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

Viewer

Press-Up Sprint 22

Mixed fuel

Contents



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.

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

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

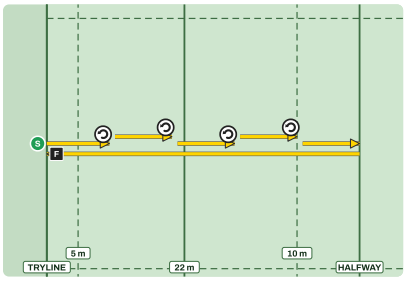
1. 10 press-ups
2. Sprint 22 m to the near 22 m line
3. Jog 22 m to the near tryline

Viewer

Drop-and-Roll Alternating

Mixed fuel

Contents



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.

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

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.

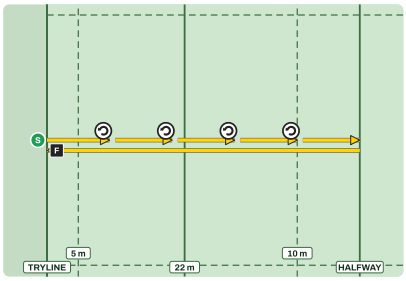
1. Run hard 10 m to the 10 m mark
2. Roll left: drop to your chest, roll to the side, then get up and go
3. Run hard 9 m to the near 22 m line
4. Roll right: drop to your chest, roll to the side, then get up and go
5. Run hard 9 m to the 30 m mark
6. Roll left: drop to your chest, roll to the side, then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

Viewer

Double Roll Out and Back

Mixed fuel

Contents



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.

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

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.

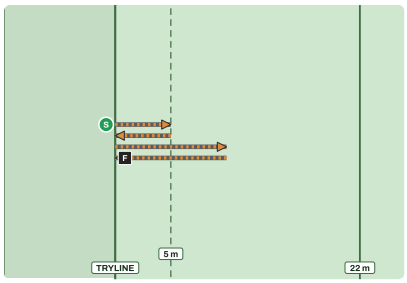
1. Run hard 10 m to the 10 m mark
2. Double roll left: drop to your chest, roll out and back, then get up
3. Run hard 9 m to the near 22 m line
4. Double roll right: drop to your chest, roll out and back, then get up
5. Run hard 9 m to the 30 m mark
6. Double roll left: drop to your chest, roll out and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

Viewer

Bear Crawl 5-10 Pyramid

Mixed fuel

Contents



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

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.

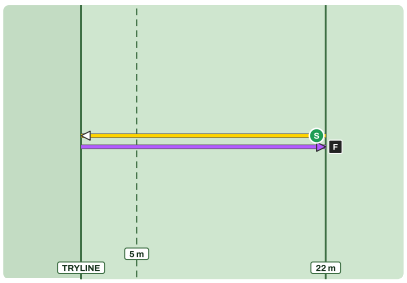
Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Viewer

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.

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.

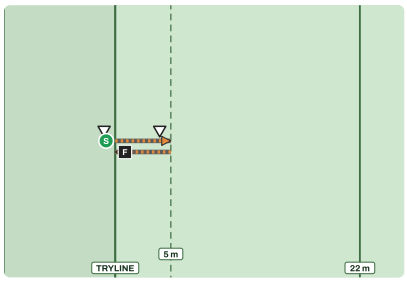
Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Viewer

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.

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.

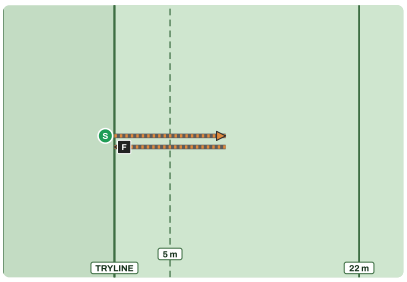
Default work to rest 1:1 at effort RPE 7.5. Also works as: Speed, Repeated speed.

Viewer

Press-Up Bear Crawl

Mixed fuel

Contents



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

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.

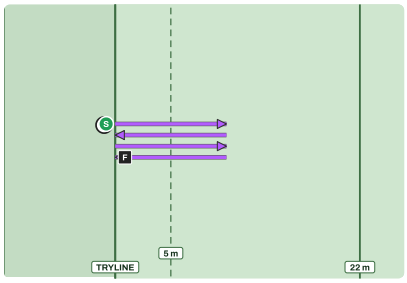
Default work to rest 1:1 at effort RPE 7.5. Also works as: Anaerobic, Aerobic power, Aerobic recovery.

Viewer

Burpee Shuttle 10

Anaerobic

Contents



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

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.

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

Viewer