Ross Brittleton

B.A.( Hons); NAMMT. (ManipTh),P.G.C.E., HG Dip; CNHC

**Hamstring / Quads Top Ladder**

Stretching – Calves, Quads and Thighs

Skipping

Cycling

Rowing

No pain doing the above exercises then do the following exercises:

1. Trot 6 x 100m. Small stride, barely running, like a warm-up.
2. Extended Trot 6 x 100m. Slightly longer strides
3. High Knee Trot 6 x 100m. Keep stride length short, knees raised to horizontal or above.
4. 6 x 100m. Trot with heels kicking buttocks in each stride.
5. 6 x 100m. Run half speed.
6. 6 x 100m. Run three quarter speed. Do not increase stride length beyond normal.
7. 6 x 100m. Grade One Sprint – accelerate 25m, sprint 50m, slow down 25m.
8. 6 x 100m. Grade Two Sprint – Accelerate 25m, sprint 50m, fast stop 25m.
9. 6 x 100m. Grade Three Sprint – Accelerate 25m, sprint 50m, fast stop 25m
10. Shuttle Run – 10 x 20 m ‘wind sprints’. Sprint out and back between markers 20m apart.
11. Start Play – begin in easy, low-grade match, easy opposition.
12. Fit Again