

Exercise	Sets	Reps	Time	Load	Rest	Comments
Body weight circuit	3	10			30secs between sets	Try 5 different exercises e.g. squats, press ups, burpees, crunches, lunges
Dumbbell bench press	3	10		60%, 70%, 65% 75%	1minute	Change the load % each week, but keep sets and reps the same.
Overhead Squat	3	10		60%, 70%, 65% 75%	1minute	
Bent over row	3	10		60%, 70%, 65% 75%	1minute	
Run		3	90% of 150m time		1:1	Front 5 do 50m, rest do 150m.

This session is to be done twice per week, three times if you do not have a match.