



Cardiorespiratory Exercise Prescription

Workout 1

1. Run 4 minutes at 70 % of maximum HR, jog 1 minute.
2. Run 3 minutes at 75 % of maximum HR, jog 1 minute.
3. Run 2 minutes (3x) at 80 % of maximum HR, 30 seconds rest between each and 1 minute break AFTER completion of the series.
4. Run 1.5 minutes (3x) at 85 % of maximum HR, 30 sec rest between each and 1 minute break AFTER completion of the series.
5. Run 1 minute (3x) at 90 % of maximum HR, 30 sec rest between each and 1 minute break AFTER completion of the series.
6. Run 45 sec (3x) at 95 % of maximum HR, 30 sec rest between each.
7. Cool down run and stretch.

Workout 2

1. Warm up, jogging and juggling with a ball for 10-15 minutes
2. 3 x 12 jumps.
3. 3 x 16 meters sprints! Walk back to the start+ short rest between each.
4. 3 x 32 Meters sprints. Walk back to the start+ short rest between each.
5. 3 x 48 meters sprints. Walk back to the start+ short rest between each.
6. 3 x 64 meters sprints. Walk back to the start+ short rest between each.
7. 3 X 80 meters sprints. Walk back to the start+ short rest between each.
→ 100 % on each run!
8. Cool Down jog and stretching.

Workout 3

1. Warm up for 10 minutes
2. Jog for 30 minutes with a ball at your feet practicing your foot skills as you go.
3. Stretch

Workout 4

1. Warm Up
2. 15/15. Run at 85% of maximum HR for 15 seconds and rest for 15 seconds (30x)
3. With ball start at end line and sprint max speed to the half line and back (12x). Rest 45 seconds between each.
4. Cool down and stretch