

<b>Conditioning Program</b>	
<b>Corners 3</b>	
1] warm up	
2] light stretch	
3] General Drills = marching, A drill, Indian Dance, Straight leg, Ankling drill, Ankling run through	
<b>4] Corners [week 1 x 3 sets/ week 2 x 4 sets/ week 3 x 5 sets]</b>	
a] RUN grass 100M RYHTHM TEMPO RUN	
b] 10 crunches, 5 squat jumps touching ankle, 30 SEC SINGLE LEG SIDE PLANKS OUTSIDE LEG IN THE AIR BOTH SIDES = 60 sec, 10sec, 5X PUSH UPS	HAND STAND
c] 1 x 50M HORSEY DRILL LEFT LEG THEN SWAP TO 50M HORSEY DRILL RIGHT LEG = 100M	
d] 10 crunches, 5 squat jumps touching ankle, 30 SEC SINGLE LEG SIDE PLANKS INSIDE LEG IN THE AIR BOTH SIDES = 60 secs, 10sec, 5 X PUSH UPS	HAND STAND
walk to opposite corner	
e] RUN grass 100M RYHTHM TEMPO RUN	
f] 10 crunches, 5 squat jumps touching ankle, 30 SEC SINGLE LEG SIDE PLANKS OUTSIDE LEG IN THE AIR BOTH SIDES = 60 sec, 10sec, 5X PUSH UPS	HAND STAND
walk to opposite corner	
g] 1 x 50M HORSEY DRILL LEFT LEG THEN SWAP TO 50M HORSEY DRILL RIGHT LEG = 100M	
h] 10 crunches, 5 squat jumps touching ankle, 30 SEC SINGLE LEG SIDE PLANKS INSIDE LEG IN THE AIR BOTH SIDES = 60 secs, 10sec, 5 X PUSH UPS	HAND STAND
walk to opposite corner	
<b>5] Warm Down</b>	
Full Pnf stretch, hamis, Quads, calves	
b] roller on back, ITB, calves and quads	
c] slow jog 400m	