

CV Fitness Sessions (Summer 2023)

Off Feet

Rower			Bike			
Warm Up			Warm Up			
Sets	Reps	Time	RPM	Time	Rest	Reps
3	6	30s ON/ 30s OFF	100	5 min	0	1
3 Minutes Rest Between Sets			120	30 secs	30 secs	10
The target is to get over 900m in total over 6 efforts			130	15 secs	15 secs	10
Total work 18 mins			110	45 sec	15 secs	5
			100	5 min	0	1
			Total Time 30 Minutes			

Run Sessions

Run Session 1a - Speed Endurance (Pitch)				Run Session 2a - Endurance (Pitch)				Run Session 3a - Shuttles			
Warm Up - 10 Minutes				Warm Up - 10 Minutes				Warm Up - 10 Minutes			
Sets	Reps	Distance	Rest	Sets	Reps	Distance	Rest	Sets	Reps	Distance	Rest
3	8	100m ON/15s Recovery	3 Minutes Between Sets	3	4	400m ON/60s Recovery	5 Minutes Between Sets	3	5	5m, 22m, 10, 50m Shuttle/30s Recovery	3 Minutes between Sets
Use the Rugby pitch markings to set the distance. Efforts should be 100%				Use the Rugby pitch markings to set the distance. At each change of direction complete a down/up. Efforts should be 100%				Using the lines on the rugby pitch run out to each distance and back. At change of direction complete a down/up. Each set should be done in the shortest possible time.			
Total Distance: 2400m				Total Session Distance: 2400m				Total work = 2610 m			
Run Session 1b - Speed Endurance				Run Session 2b - Endurance							
Warm Up - 10 Minutes				Warm Up - 10 Minutes							
Sets	Reps	Time	Rest	Sets	Reps	Time	Rest				
4	8	30s ON/15s Recovery	3 Minutes Between Sets	4	4	60s ON/30s Recovery	5 Minutes Between Sets				
Total Work Time: 24 minutes				Total Work time: 24 Minutes							