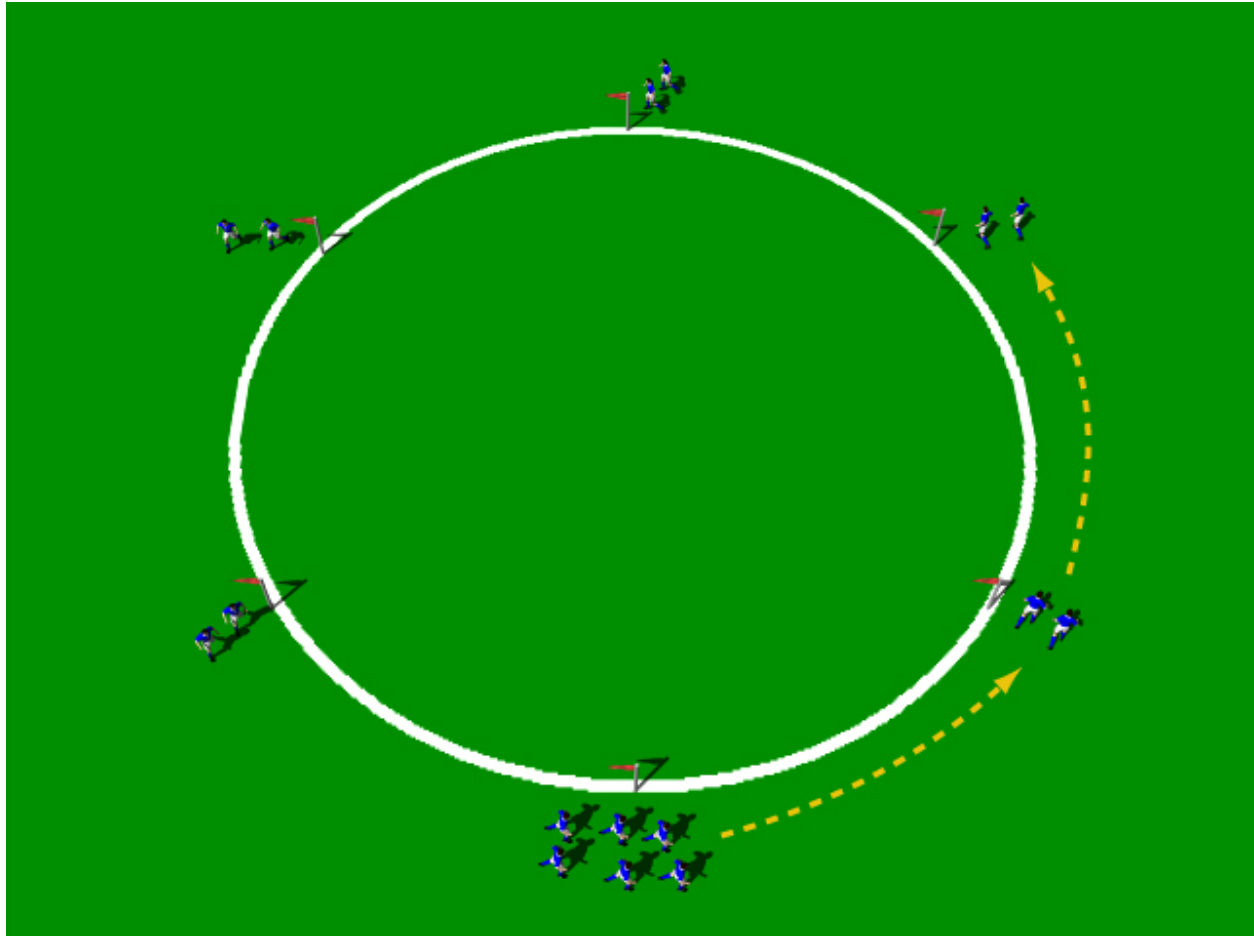


Liverpool Running Drill



Exercise Objectives:

This exercise can be used as an anaerobic fitness drill as part of your fitness session.

Field Preparation

★ Place each flag pole 20 yards apart in a circle as in the diagram above.

Coaching Pointers:

Position 2 players per flag pole, plus 4 more at one flag pole. The flag pole with 6 will be the starting position. To start, 4 players from the starting position sprint to the next flag pole. When they reach the next flag pole 2 of the players stay there.

The other 2 run to the next flag pole and rest. As soon as the first group hit the first flag pole, 2 players join them and sprint the length of 2 flags. The whole concept is for each pair to sprint 2 flags and rest. On each sprint they will be paced by 2 players. Each circle completed equals 160 yards. Record total distance sprinted.

Completed Laps (based on 6 stations - 20 yards apart - 120 yards lap)

1 Lap	120 Yards
2 Laps	240 yards
3 Laps	360 yards
4 Laps	480 Yards
5 Laps	600 Yards
6 Laps	720 yards
7 Laps	840 yards
8 Laps	960 yards
9 Laps	1080 yards
10 Laps	1200 yards
11 Laps	1320 yards
12 Laps	1440 yards
13 Laps	1560 yards
14 Laps	1680 yards
15 Laps	1800 yards
16 Laps	1920 yards
17 Laps	2040 yards
18 Laps	2160 yards
19 Laps	2280 yards
20 Laps	2400 yards

Time to complete 2400 yards = _____ date: _____