David Starley’s speed session

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| **Elapsed Time** | **Moderate difficulty (Yellow)** | **Medium difficulty (Blue)** | **Hard difficulty (Red)** |
| 2 mins | 1 lap warm up (use to set up cones) |
| 14 mins | Corner flag diagonally to edge of goal area ‘D’, then diagonally to opposite corner flag then rest jog along goal line. 1 at 50% / 2 at 60% / 3 at 70% / 4 at 80% / 2 at 100% | Corner flag diagonally to midway between goal area ‘D’ and centre spot, then diagonally to opposite corner flag then rest jog along goal line. 1 at 50% / 2 at 60% / 3 at 70% / 4 at 80% / 2 at 100% | Corner flag diagonally to centre spot, then diagonally to opposite corner flag then rest jog along goal line. 1 at 50% / 2 at 60% / 3 at 70% / 4 at 80% / 2 at 100% |
| 15 mins | Rest 1 minute (explain shuttle) |
| 19 mins | Shuttle across width of pitch and back.4 sets with 30 seconds rest between each. |
| 20 mins | Rest 1 minute (use set up cones) |
| 29 mins | Half-pitch: Corner flag diagonally to opposite side at halfway line point, back along the halfway line, then diagonally to the opposite corner, jog recovery along goal line. Repeat 4 times (5 in total) | Two thirds-pitch: Corner flag diagonally to opposite side 2/3 way up the pitch, back across the pitch, then diagonally to the opposite corner, jog recovery along goal line. Repeat 4 times (5 in total) | Full-pitch: Corner flag diagonally to corner, back along the goal line, then diagonally to the opposite corner, jog recovery along goal line.Repeat 4 times (5 in total) |
| 30 mins | Rest 1 minute |
| 31 mins | Surprise |
| 32 mins | 1 lap warm down |

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