



Fitness Testing

1. Warm up
 - Dynamic stretches (10 mins) – Heel flicks, high knees, Knee out & flick across, Walking calf stretch, Walking hamstring stretch, knee to chest walk, lunges, Over the gate
 - Tag rugby (5 mins)
2. Run for 4 minutes – record distance. Repeat 3 times with 2 mins rest in between
Total time – assume 20 minutes
3. Yo-Yo Pyramid Interval (touch line to touch line = 100m)
 - 400m (rec time 45 secs)
 - 300m (rec time 45 secs)
 - 200m (rec time 30 secs)
 - 200m (rec time 30 secs)
 - 300m (rec time 45 Secs)
 - 400m
 - 3 mins recovery then repeat set**Total time - assume 30 mins**
4. Fartlek (try line to try line)
 - 2 sets with 2 min rest

Distance	Intensity of Running
400m	70%
150m	80%
50m	90%
100m	70%
20m	Walk
300m	70%
20m	Walk
100m	70%
50m	90%
150m	80%
400m	70%
1 min jog/walk	

Total time – assume 25 mins

5. Interval run –
 - 2x 120m at 80-90% (jog back recovery & 2 mins rest between runs)
 - 3x 100m at 80-90% (jog back recovery & 1½ mins rest between runs)
 - 4x 80m at 80-90% (jog back recovery & 1 min rest between runs)
 - 4 mins rest then repeat set

Total Time – assume 30 minutes

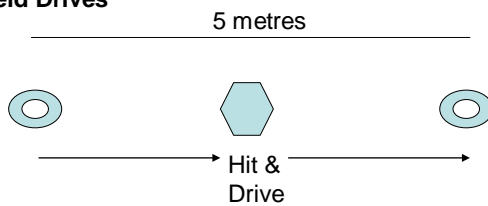
6. Hi-Lo Interval

- 4x 150m at 80%+(try line to try line & then to half way line) – jog back recovery & 90 secs rest
- 4x 120m at 80%+(TL to TL then to 22m) – jog back rec & 60 secs rest
- 4x 80m at 80%+(TL to far 22m) – jog back recovery & 60 sec rest
- 4x 50 at 80%+ (TL to HW line) – jog back rec & 60 sec rest
- 1 SET ONLY

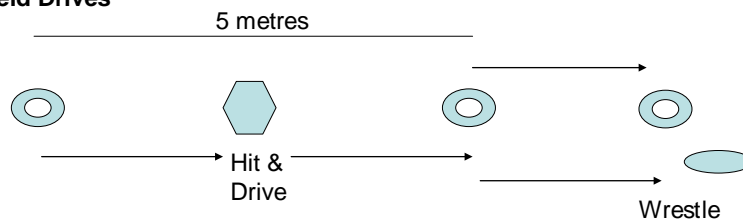
Total time - assume 20 minutes

7. Mixed Activity

Shield Drives



Shield Drives



Total time – assume 15 mins

8. Core Stability

- Prone Hold – 3 reps
- Push-ups
- Squat jump
- Muscle target (pushing in belly button)
- Side raise

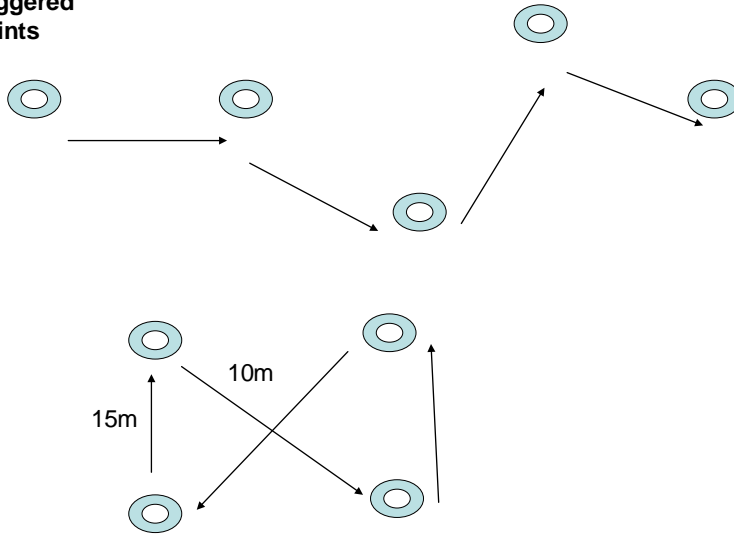


- Superman

Total time – assume 10-15 mins

9. Agility

Staggered Sprints



Total time – assume 15 mins