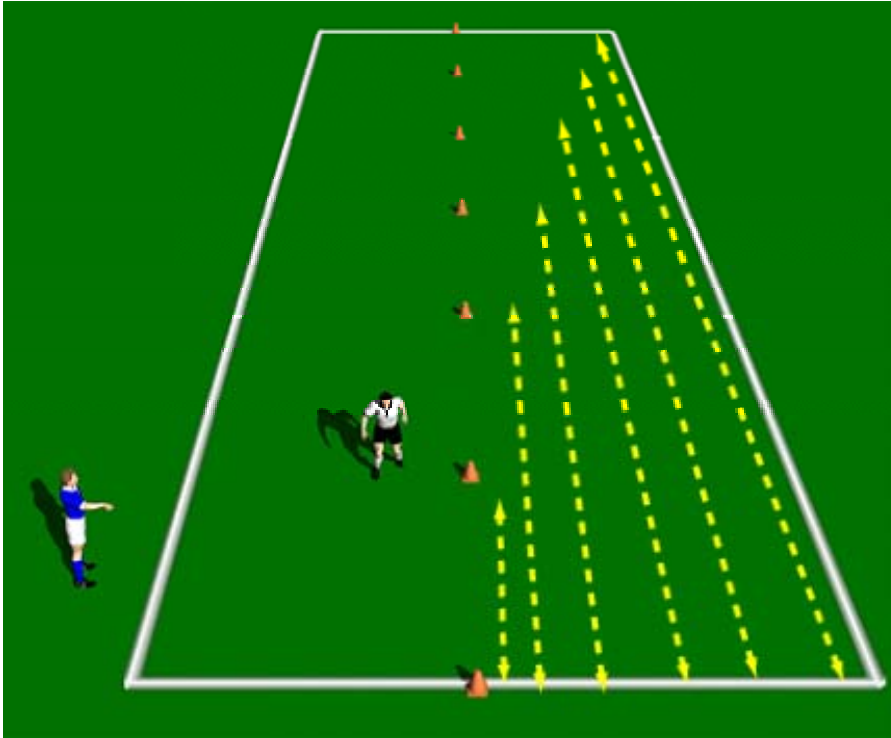


Speed Endurance - High Intensity Shuttle Run



High Intensity Shuttle Run

Pace out 30 meters on grass or a running track. Place a cone at the start and at 5 meter intervals (7 cones in total).

Sprint from the starting cone to 5 meter cone and back. Turn and sprint to 10 meter cone and back to start. Sprint to 15 meter cone and back to start and so on until you sprint the full 30 meters and back.

Rest for 90 seconds and repeat. Complete a total of 6 sets keeping rest periods to 90 seconds.

Course Contributor Phil Davies

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