



RMIT Women's Football Academy

Summer running program

Perform an adequate warm up prior to each running session (Dynamic movement/stretching of leg muscles)

Weeks 1-4 (Repeat 2x per week)

Interval training (Repeated Efforts)

Advanced

3 minute work – 90 second Rest

2-10 sets

Intermediate

2.5 minute work – 105 second Rest

2-10 sets

Beginner

2 minute work – 120 second rest

2-10 sets

Weeks 5-8

Intensity training

Advanced

15 second Work (high intensity) – 15 seconds rest (passive) – 15 seconds rest (active)

Continue for an 8 minute set, 2-3 sets

Intermediate

15 second Work (high intensity) – 20 seconds rest (passive) – 15 seconds rest (active)

Continue for an 8 minute set, 2-3 sets

Beginner

15 second Work (high intensity) – 25 seconds rest (passive) – 15 seconds rest (active)

Continue for an 8 minute set, 2-3 sets

Running technique tips:

Limit heel striking

Maintain good posture

Knee lift (note: not high knees)

No shuffling

Open to all, we're looking for players to join us in 2019!

Visit www.rmitwfa.com for more information!