



Speed Endurance Training

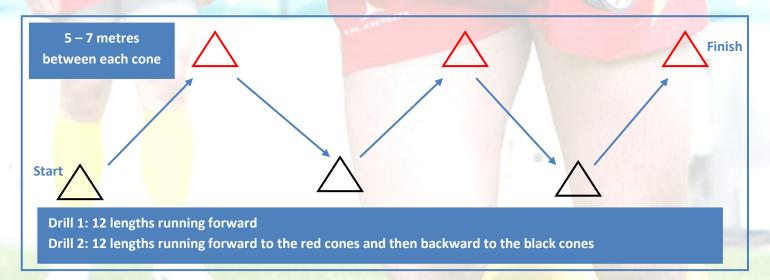
England Rugby players need to be agile, explosive and quick over short distances. They train to ensure that they are able to go Faster. Stronger. For Longer. in every match. To improve your speed you have to practice the technical aspects of sprinting as much as you can on the training field.

What you will need

- Stopwatch
- Cones or Marker Poles
- Lucozade Sport

What you will do - Session 1

This will probably be your first session of the day following the warm-up and should last 20-30 minutes. It will consist of a high number of sprints over short distances. After each length you should rest for 30 seconds. Make sure that you push yourself as hard as you can during every sprint and use your rest times to properly rehydrate.



Remember

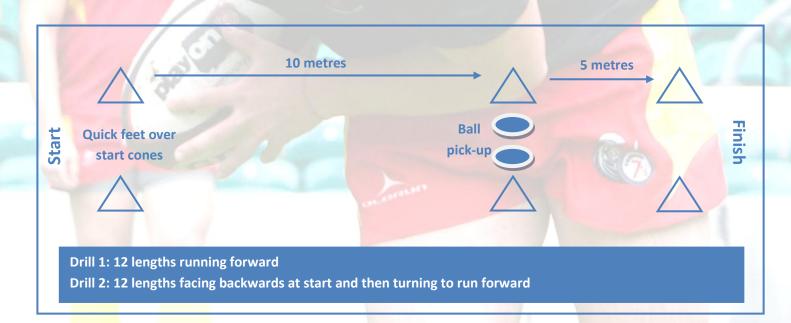
- Run diagonally from cone to cone, making sure to properly plant the left foot on the left and the right foot on the right
- Turn your head to face the next cone
- Keep your steps short and low to the ground
- Don't lunge or jump into the cone





What you will do - Session 2

This will probably be your second session of the day and should last 20-30 minutes. It will consist of a high number of sprints over short distances. After each length you should rest for 30 seconds. Make sure that you push yourself as hard as you can during every sprint and use your rest times to properly rehydrate.



Remember

- Begin with lateral quick feet over the start cones for 5-10 seconds
- On command, sprint forward in a straight line, picking-up the ball and sprint to the finish line
- Concentrate on quick, light steps
- Jog back to start