020 - Intense speed strength/speed strength endurance training with various running directions

This athletics unit focuses on improving speed strength endurance. After warm-up and a short game, five athletics exercises train the various groups of thigh muscles by moving forwards, backwards, and to the side. This training unit is very intense and can thus be incorporated in preparation periods or season breaks. Difficulty: ★★★★☆

Rating: Not Rated Yet

Price
Price with discount 3,32 €
Sales price 3,49 €
Sales price without tax 3,32 €
Discount
Tax amount 0,17 €

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Description
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Product number: 100020
Title: Intense speed strength/speed strength endurance training with various running directions
The training unit consists of the following key exercises:
- Warm-up/Stretching (individual exercise: 10 minutes/total time: 10 minutes)
- Short game (10/20)
- Athletics training (15/35)
- Athletics training (15/50)
- Athletics training (15/65)
- Athletics training (15/80)
- Athletics training (10/90)
Training unit

total time:

90 minutes