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

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

Rating: Not Rated Yet
Price
Sales price 3,49 €

Ask a question about this product

Description

Level: Top

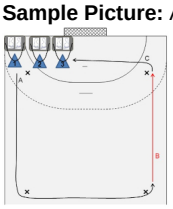
This athletics unit focuses on improving speed strength endurance. After warm-up and a short game, five athletics exercises train the various groups of thigh muscles by moving forwards, backwards, and to the side. This training unit is very intense and can thus be incorporated in preparation periods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

Product number: 100020
Format: PDF
Date of Publication: 2017/08/09

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Short game (10/20)
- Athletics training (15/35)
- Athletics training (15/50)
- Athletics training (15/65)
- Athletics training (15/80)
- Athletics training (10/90)

Sample Picture: Athletics training



fitting training units:

003 - Series of shots with reflexive jumping power training
008 - Handball-specific endurance training with fast break movements
011 - Intense athletics training for arms and legs