

## 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 €

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### 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

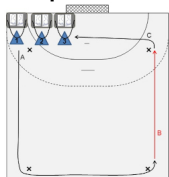
**Format:** PDF

**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](#)