011 - Intense athletics training for arms and legs



Intense athletics training for arms and legs



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

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Description

Level: Top

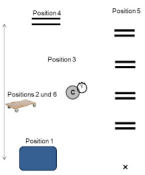
This intense training unit focuses on athletics training. After warm-up including a game with high running intensity and a coordination run exercise, an athletics course is done. An additional jumping and strength exercise for the arms and a running exercise complete this training unit.

Product number: 100011
Format: PDF
Date of Publication: 2017/08/09

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

- Warm-up/Stretching (10/10)
- Short game (15/25)
- Coordination run (10/35)
- Athletics course (30/65)
- Athletics training (15/80)
- Running exercise (10/90)

Sample Picture: Athletics course



fitting training units:

008 - Handball-specific endurance training with fast break movements

015 - Handball-specific endurance training in game-like situations
020 - Intense speed strength/speed strength endurance training with various running directions