NAME: Falcon Netball | **Endurance Programme**

Instructor: Matt Bolger

Endurance Component	Speed	Duration	Incline
Treadmill	Jog /	2 min	2
	Walk /	30 sec	4
	Jog /	4 min	2
	Walk /	30 sec	6
	Jog /	6 min	2
	Walk /	30 sec	8
	Jog /	10 min	2
	Walk /	1 min	Flat

Notes: Run through Treadmill component twice

24 mins

HIIT Component	Speed	Duration	Incline
X / Trainer	50 - 60 RPM	2 min	NA
Bike	Sprint	2 min	NA

Notes: Run through HIIT component 5 times
Record distance on each sprint

20 mins

Sprint 1 - **Sprint 2 -** **Sprint 3 -** **Sprint 4 -** **Sprint 5 -**

Core Component		
	Crunch	30 seconds
	Plank	30 seconds
	Prone Plank	30 seconds
	Mountain Climber	30 seconds
	Bicycle Crunch	30 seconds
	Crunch	30 seconds

Notes:
Complete circuit 5 times, 30 second rest between circuits

24 - minute Endurance Component
20 - minute HIIT Component
15 - 20 - minute Core Component