



SAQ Agility Runs

For speed, Agility, Quickness
and Fitness

WARM UP

Before starting the exercise it is essential to warm up to prevent injury.

Jog slowly on the spot for 5 minutes then jog faster for 5 minutes.



AIM

To develop multi directional, explosive speed.

AREA/EQUIPMENT

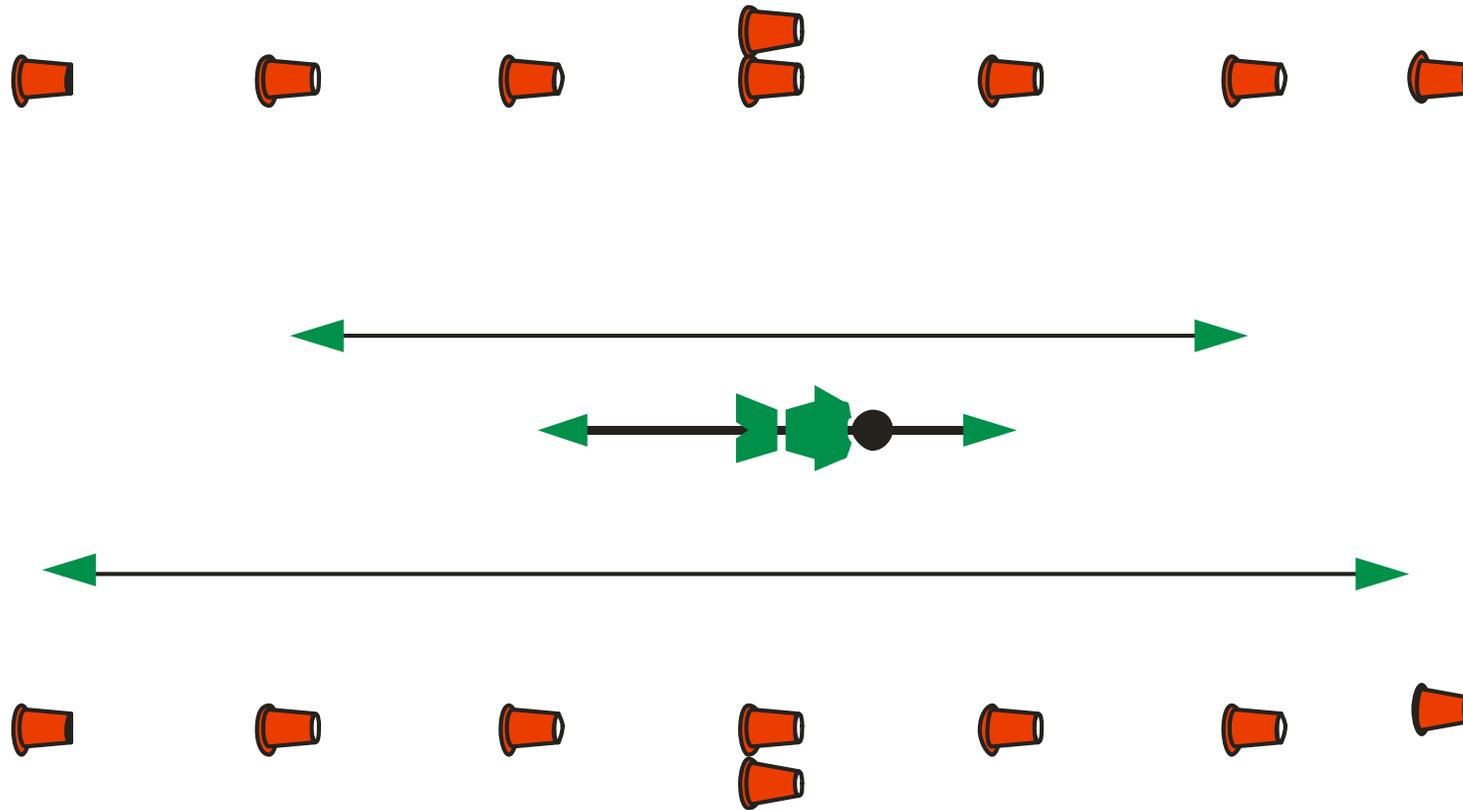
Indoor or outdoor area, cones or any thing to mark the area.

KEY POINTS

- .Maintain correct running mechanics
- .Good explosive pace
- .Quick turning
- .Try to develop a rhythm

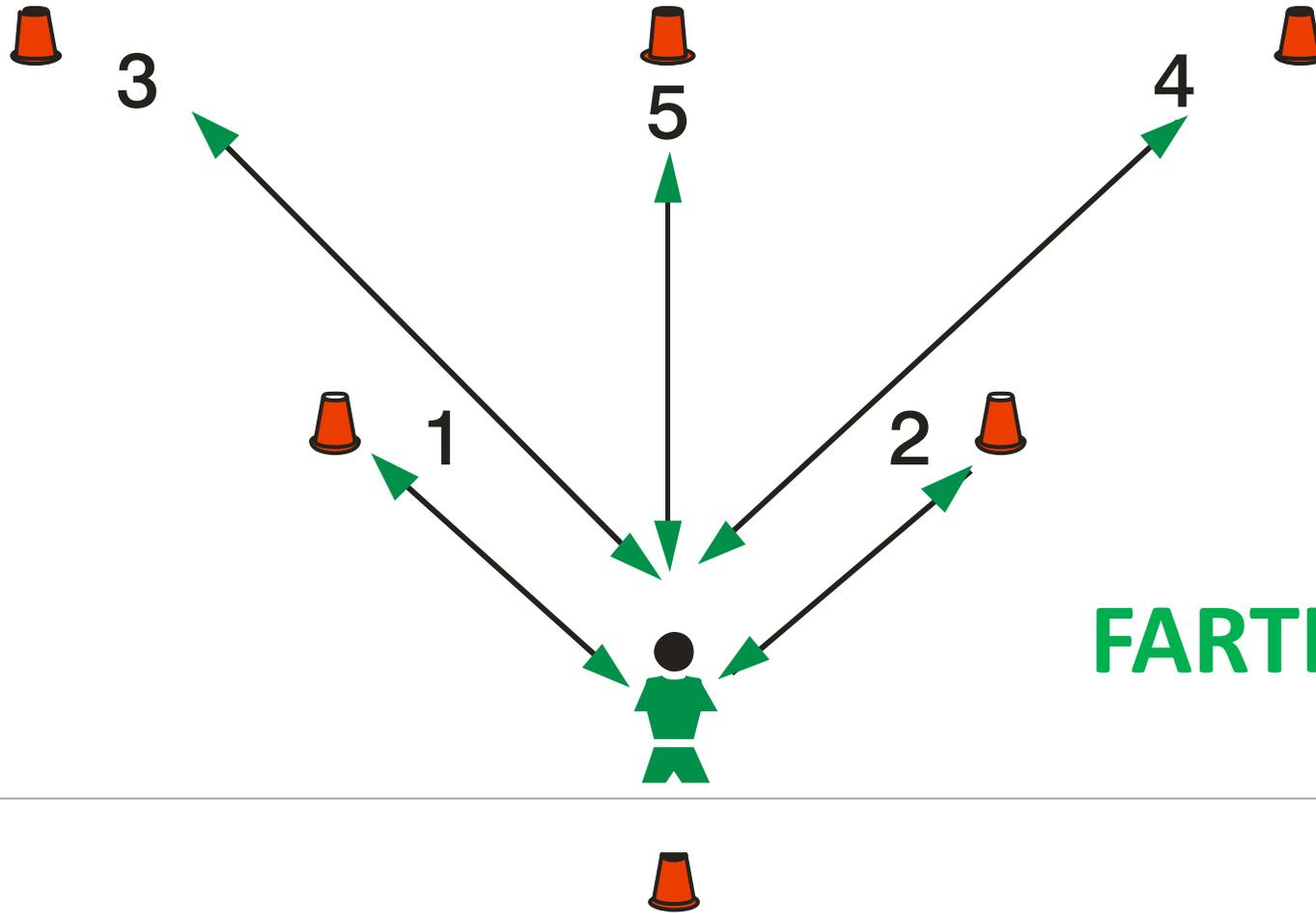
SETS AND REPS

3 Sets of 4 reps with 1 minute's recovery between each set.



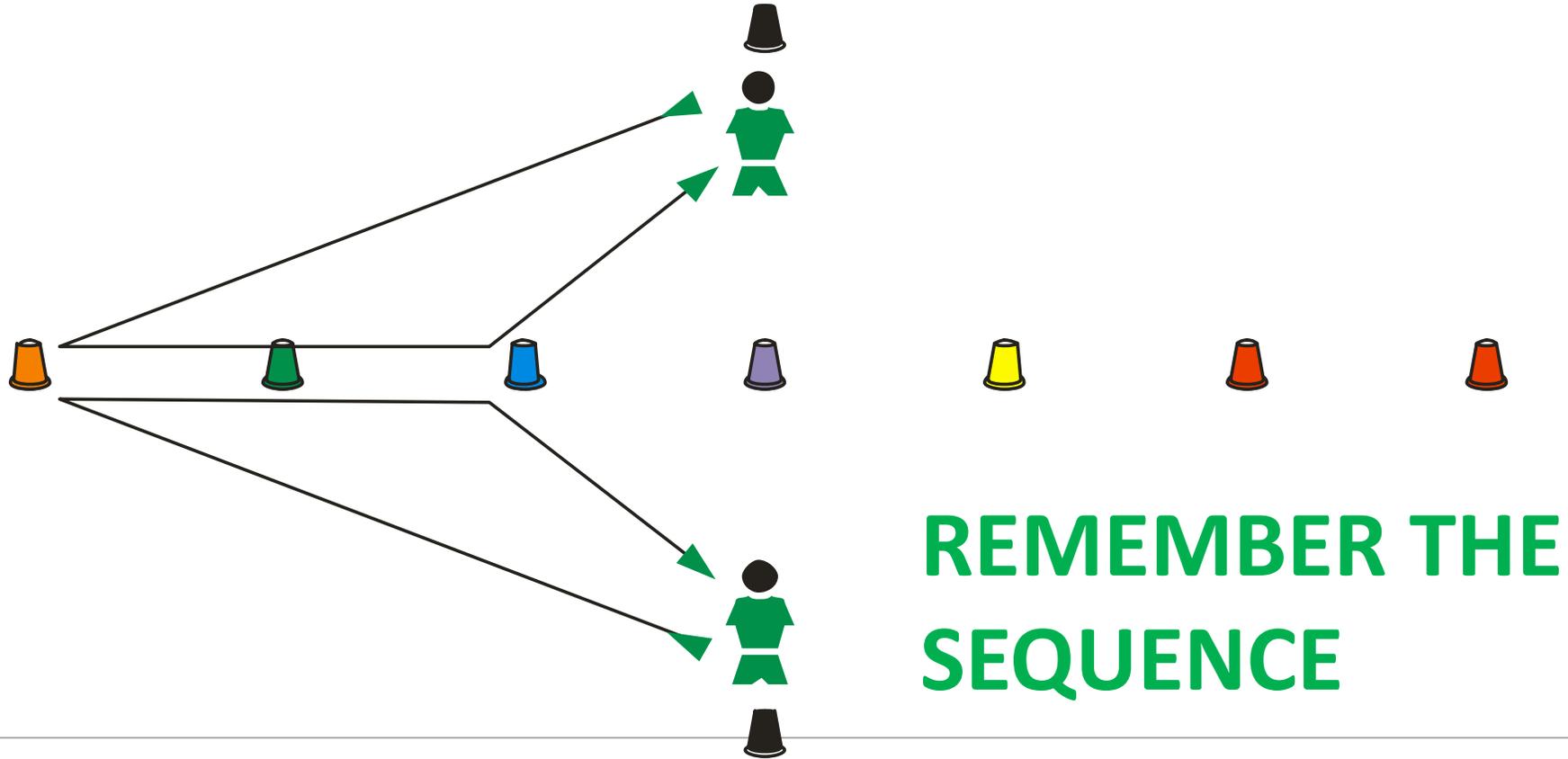
THE YO YO

Place markers out as shown, start in the middle and run back and forward at pace finishing back in the middle. 2 sets of 5 reps. Record your time on each set and try to improve. 2 minute recovery between each set.

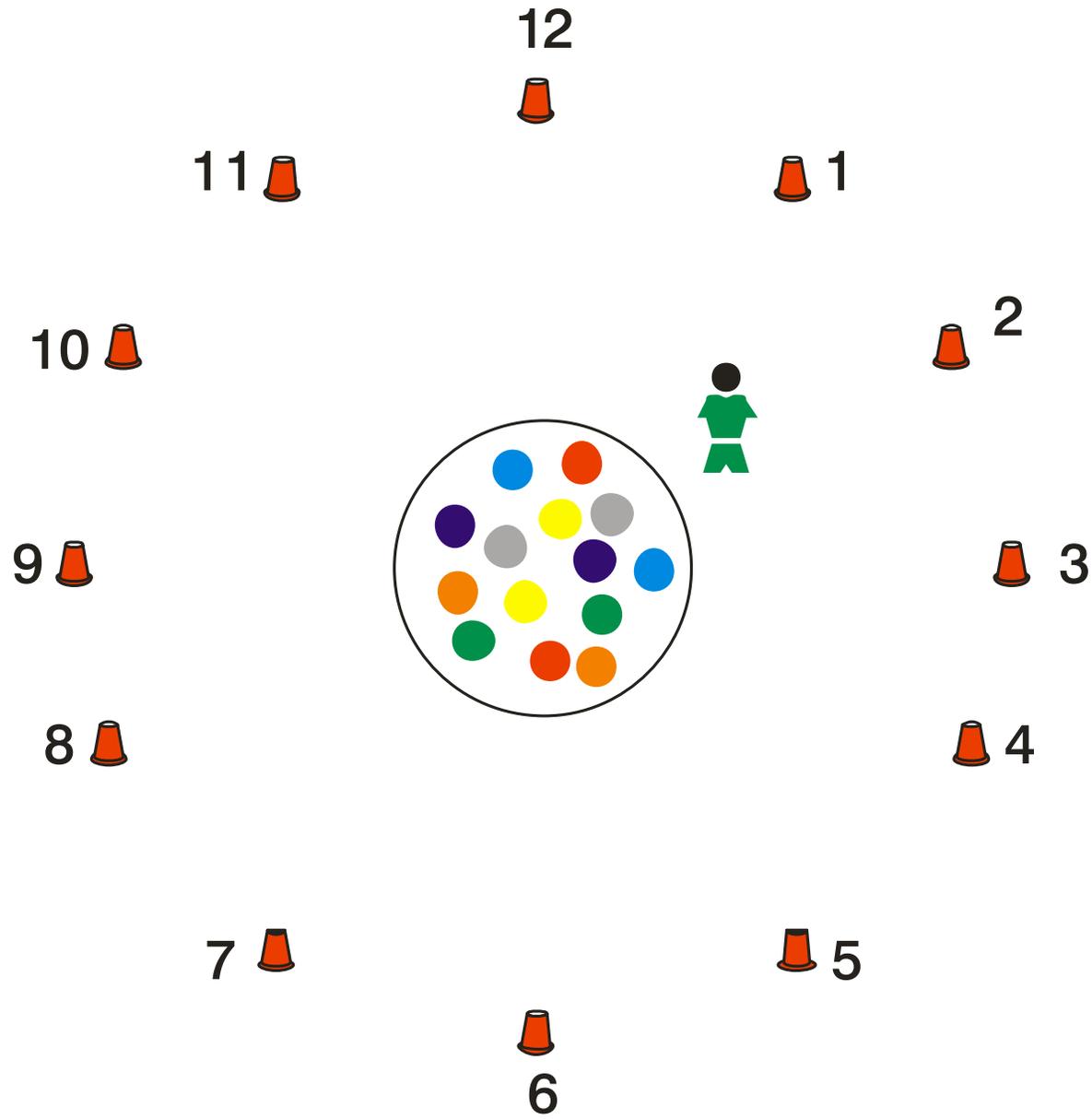


FARTLEK RUN

Run from start point out and back to station 1 and back, then 2, 3, 4, 5. The outward run should be about 50% jog the inward back to start should be full pace. 2 sets of 5 reps, 2 minutes recovery between each set.



For this work out you will need someone to call out different sequences. From the start position you will be instructed to run say-Orange, Blue, Red and back to start. Then be given a different set of markers. You can run on your own, timing how fast it can be done or in competition with someone else. 2 Sets of 5 reps. 2 minutes recovery between each Set



AROUND THE CLOCK

Set out marker like a clock face. In the centre place 12 balls or objects. You have to place the objects at each number by running back and forward from the centre.

Time how quick it can be done then try to improve your time.

2 sets of 4 reps. 2 minutes recovery between each set.