**Interval training session to develop speed**

4 X 60 metre sprints with 1 minute rest in between

Followed by 5 minute rest

4 X 80 metre sprints with 1 minute 30 seconds rest in between

Follow by 5 minute test

4 X 100 metre sprints with 2 minute rest in between

**Interval training session to develop cardiovascular endurance**

What could you write here?

**Fartlek training session to develop cardiovascular endurance**

Jog for 5 minutes, then sprint up the hill on the back field for 50 metres, jog for 3 minutes, sprint for 100 metres, go across the concrete to run down the hill for 100 metres and then medium pace (60 % intensity) run for 4 minutes

**Continuous training to develop cardiovascular endurance**

Run on the back field (grass) at 60 % intensity for 12 minutes