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| **Activity** | **Equipment** | **Time** |
| **Fitness block 1 –** complete each part as quickly as possible.Part 1400m run (4 lengths of rugby pitch approx.)* 5 burpees, 5 sit ups, 5 squats

300m run * 10 burpees, 10 squats, 10 sit ups

200m run* 15 burpees, 15 squats, 15 sit ups

100m run* 20 burpees, 20 squats, 20 sit ups

Rest for 3 minutesPart 2200m run (work in half a rugby pitch this time)* 5 lunges (each leg), 5 press ups, 5 plank shoulder taps

150m run* 10 lunges (each leg), 10 press ups, 10 plank shoulder taps

100m run * 15 lunges (each leg), 15 press ups, 15 plank shoulder taps

50m run* 20 lunges (each leg), 20 press ups, 20 plank shoulder taps
 | Cones or markers set out for 100m marker and 50m marker.  | Depends on fitness level of the group. |
| **Fitness block 2**In groups of 3, set out 3 cones 5m apart each. * One worker, 2 rest. Swap over after every repetition.
* Start at middle cone on stomach
* Get up quickly and sprint out to a 5m cone, change direction to sprint to 5m cone on other side, then sprint back to the middle to finish.
* At each cone, drop to your stomach and get back up before sprinting on to next cone.
* 8 repetitions each.

Start/finish | Cones | Depends on the fitness level of the group |
| **Fitness block 3**In same groups of 3, set out cones in a ‘T’ shape.* Work one at a time, start at the bottom of the ‘T’
* Sprint straight up to the top middle cone
* Change direction to sprint out to the right cone
* Change direction to sprint over to the left cone.
* Sprint back to middle cone, and then change to sprint back to the start.
* 8 repetitions each

Start/finish | Cones | Depends on the fitness level of the group |