**IABA Youth National team**

**(Home sessions)**

**S&C Session**

**Running.**

**Explosive Sprints/Walking Lunges ( 3 sets of 5 )**

Try and find a safe place to run approx. 15 metres.

Walking Lunges for approx. 15 metres, turn and sprint back to starting point, 10 sec break then go again.

**Core Exercises**

Press ups: 3 X 15 reps

Sit Ups: 3 X 15 reps

Plank: hold for 90 secs X 3