

Cardio Workout – Running (Beach)

Time	Content	Points of Emphasis
	<p>Energy System – Aerobic Session Type – Running Session Duration – 50 minutes (includes warm up and cool down) Equipment Required – Sand or Beach Notes – Full Body</p>	
15min	<p>Warm Up <i>Refer to Basketball Australia Functional Movement Video (notes below)</i></p> <p><u>Movement (Complete over 10 metres)</u></p> <ul style="list-style-type: none"> ○ Walking High knees extend up on toes ○ Lunges ○ High Hand Lunges ○ Step and Tip into Superman long arms ○ Quick High knee Skip ○ Quick High Knees ○ Quick Butt Kicks ○ Karaoke – High knee then wrap behind <p><u>Balances-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ One foot in front of other ○ Single leg balances ○ Single leg balances with soft matt underneath foot and multitask (i.e juggle or dribble) <p><u>TheraBand-(15 seconds change feet)</u></p> <ul style="list-style-type: none"> ○ Single leg raise to the side ○ Grab Walk <p><u>Proprioception Exercises</u> Refer to BNSW HPP Protocols <u>Strength and Stability-(15 reps change legs)</u></p> <ul style="list-style-type: none"> ○ Single leg dead lift (with chair staying against the chair) ○ Single Leg bridge ○ Hamstring bridge 	
5 min	<p>Movement</p> <ul style="list-style-type: none"> - Fast walk on soft sand for 2 minutes - Complete the below over 20 metres <ul style="list-style-type: none"> ○ Jogging ○ Side Steps ○ Grapevine ○ Skipping 	
3 min	<p>20 metre Shuttles</p> <ul style="list-style-type: none"> - Run up (20 metres) and Back (20 metres) - Must RUN every 45 seconds. <i>i.e. if it takes you 20 seconds to run up and back you have a 25 second rest before you run again</i> - Complete 6 times 	
2 min	<p>Active Recovery/Drink Walking, High Knees, dynamic stretches</p>	
3 min	<p>20 metre Shuttles</p> <ul style="list-style-type: none"> - Run up (20 metres) and Back (20 metres) - Must leave every 45 seconds. <i>i.e. if it takes you 20 seconds to run up and back you have a 25 second rest before you run again</i> - Complete 6 times 	

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2 min	Active Recovery/Drink Walking, High Knees, dynamic stretches	
3 min	Slides into Sprint <ul style="list-style-type: none"> - 2 defensive slides <u>left</u>, then sprint for 5 metres - 2 defensive slides <u>right</u>, then sprint for 5 metres - Complete 5 times <u>each side</u> 	
10min	Cool Down <ul style="list-style-type: none"> - Refer to BNSW HPP Recovery Protocols 	