



Methodical Movement Systems Field Fitness eBook





Field Fitness eBook

Thank you for downloading the 10-session field fitness eBook, with 4 bonus sessions!

In this eBook you will find 10 field-based fitness sessions of varying lengths. We've also added another 4 because we were feeling generous.

These sessions are based on rugby pitch markings as these are usually available in most local fields, however, we have added 4 bonus sessions on a football (soccer) pitch incase that's all you have. Where possible the approx. distances for each session have been provided. If you do not have these markings available, you can merely walk out the distance (a big step is about a metre, m = metres) and mark it with a cone or anything you have available to you. Just remember that if it is a shuttle the distance is the total (there and back), so half it to mark it out.

Guidelines:

Sessions 1-4 are shorter efforts and should be completed with maximal effort and intent.

Purpose: Focused more on anaerobic adaptations and may work nicely at the end of another session.

Session 5-10 sessions are longer efforts and should be completed at 80% effort, as this will ensure you are able to complete the entire session.

Purpose: Focused more on aerobic adaptations and may work nicely as stand-alone sessions.

Bonus Sessions

Sessions 1 and 2 are shorter efforts and should be completed with maximal effort and intent.

Purpose: Focused more on anaerobic adaptations and may work nicely at the end of another session.

Session 3 and 4 sessions are longer efforts and should be completed at 80% effort, as this will ensure you are able to complete the entire session.

Purpose: Focused more on aerobic adaptations and may work nicely as stand-alone sessions.

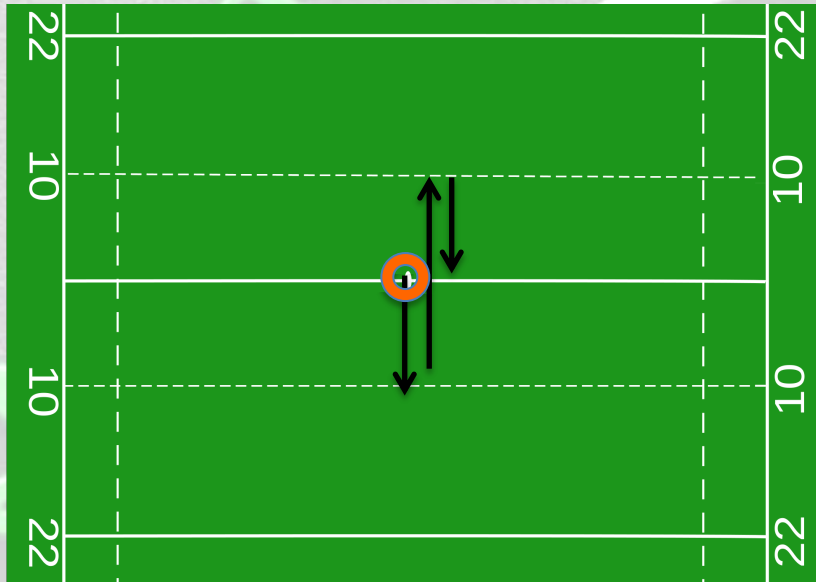
All sessions, long and short are hugely important for overall health and fitness, as well as burning off unwanted calories.

We hope you enjoy these sessions (or at least find them usefully painful 😊).

Kirky and P.J.

Methodical Movement System

1. Malcolm's



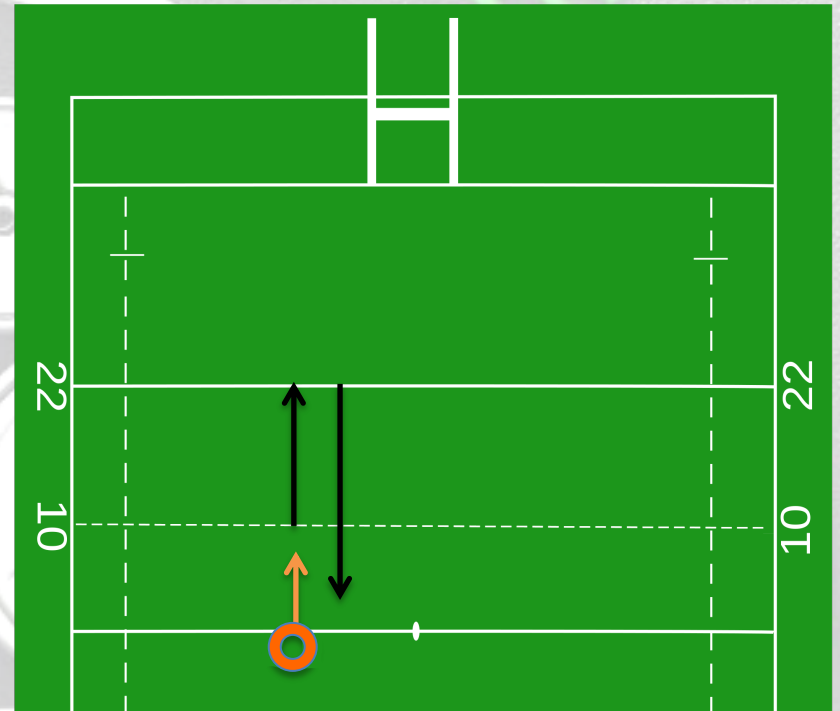
1. Start with chest down on the halfway line
2. Backpedal to 10m behind you (10m)
3. Sprint to 10m in front of you (20m)
4. Backpedal to halfway line and finish on your chest (10m)

Sets	Reps	Rest
10	6	2 mins

Take 15 seconds rest between reps with chest down before the next rep

e.g. Run to all lines once, then rest with chest down for 15 seconds before completing another rep. Once you've completed 6 reps, completely rest for 2 minutes. Repeat.

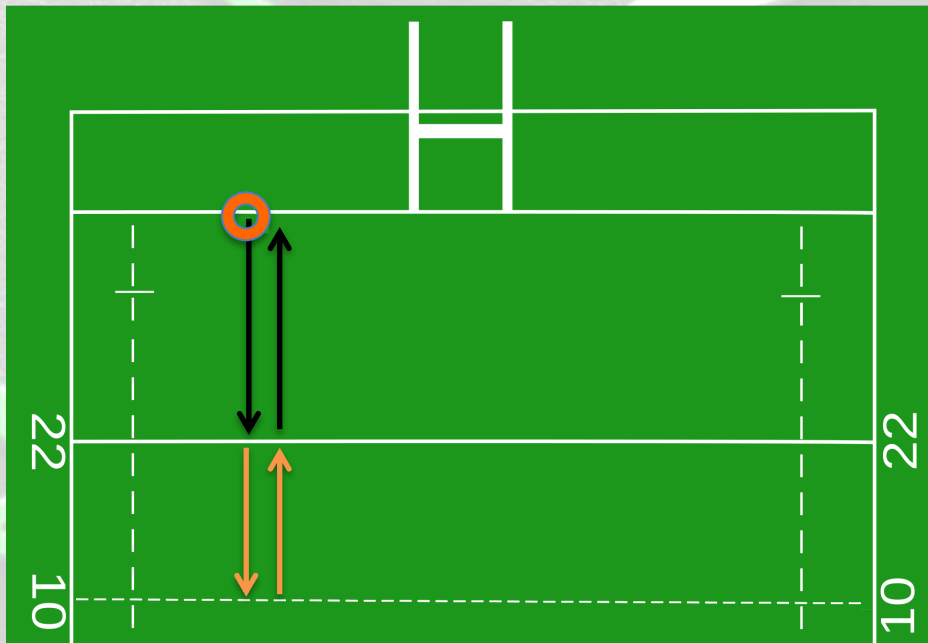
2. Rolling Starts



1. Start on the halfway line
2. Jog to the 10m, then sprint to the 22m (56m)
3. Turn and sprint back
4. Rest 20 seconds
5. Repeat x 4

Sets	Reps	Rest
10	4	2 mins

3. 22-10-22



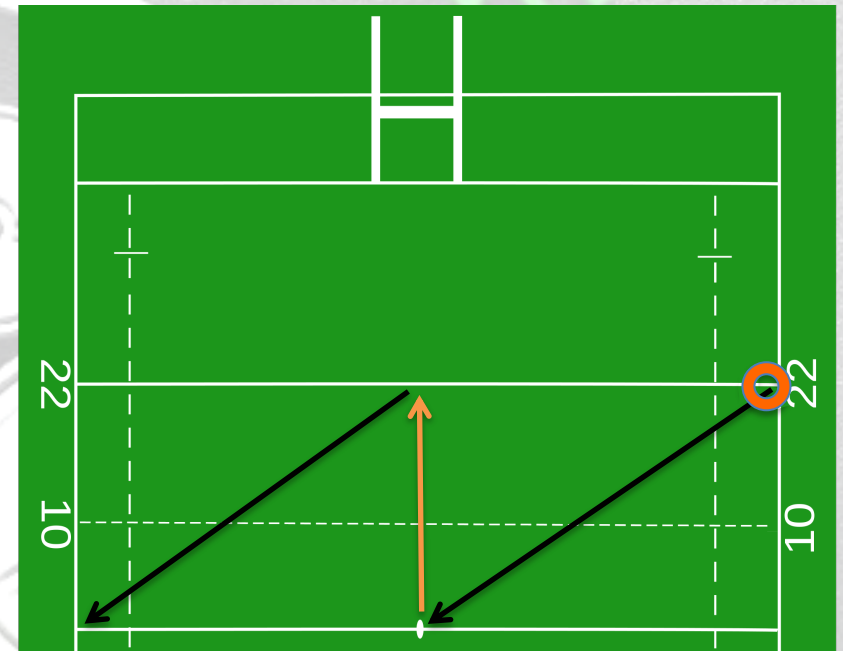
1. Start on the try line
2. Sprint to the 22m (22m)
3. Jog to the 10m line and back to the 22m (approx. 36m)
4. Sprint to the try line (22m)

Sets
15

Reps
1

Rest
1 min

4. Zig Zags



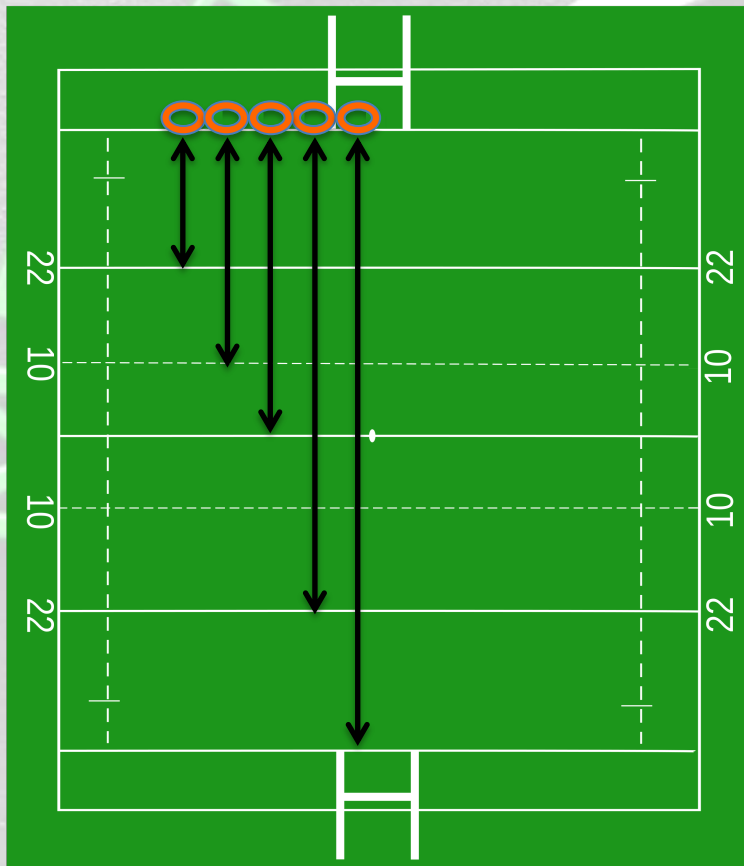
1. Start on the 22m junction
2. Sprint to the centre (39m)
3. Jog to the 22m (approx. 18m)
4. Sprint to the centre line junction (39m)

Sets
15

Reps
1

Rest
1.5 mins

5. Suicides



1. Run to near 22m and back (44m)
2. Run to near 10m and back (80m)
3. Run to halfway and back (100m)
4. Run to far 22m and back (156m)
5. Run to far try line and back (200m)

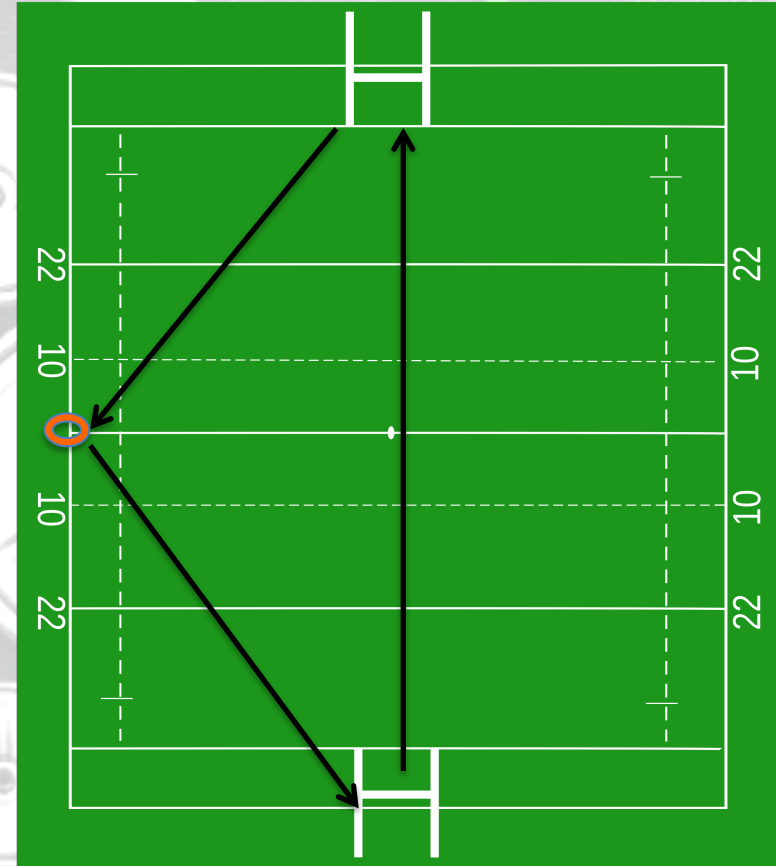
Sets
5-8

Reps
1

Rest
2 mins

Take 20 seconds rest between reps

6. Coat Hangers



1. Start at junction of the halfway line
2. Run to the posts and through them (55m)
3. Run the length of the pitch through the other posts (100m)
4. Run back to the halfway junction (55m)

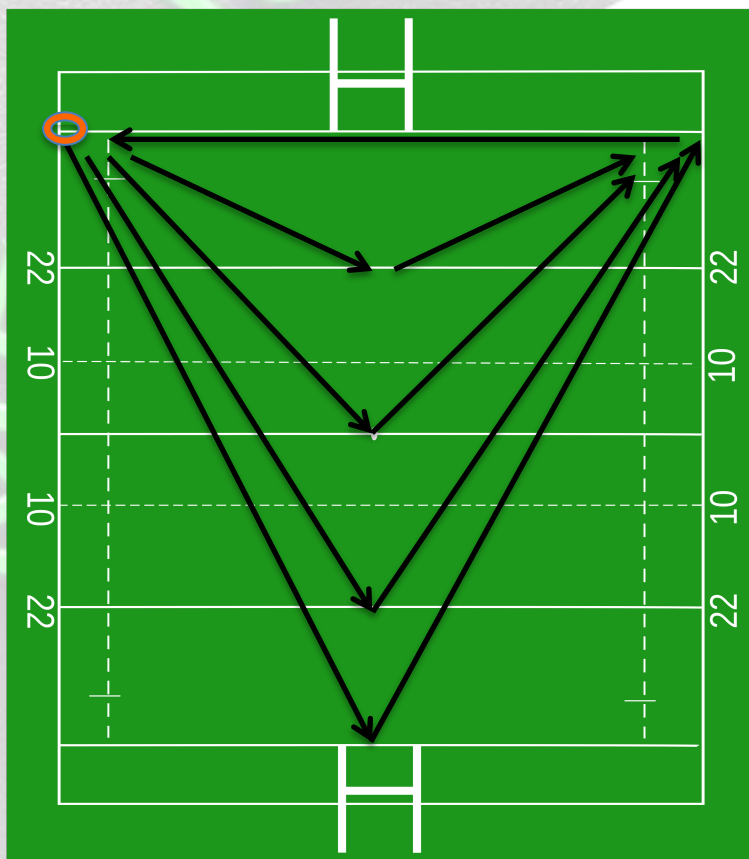
Sets
2-4

Reps
5

Rest
2 mins

Take 20 seconds rest between reps

7. Triangles



1. Start on corner flag
2. Run to middle of the far goal posts
3. Run to opposite corner flag
4. Run across try line to start position
5. Repeat to far 22m, halfway, and near 22m

Sets

3-5

Reps

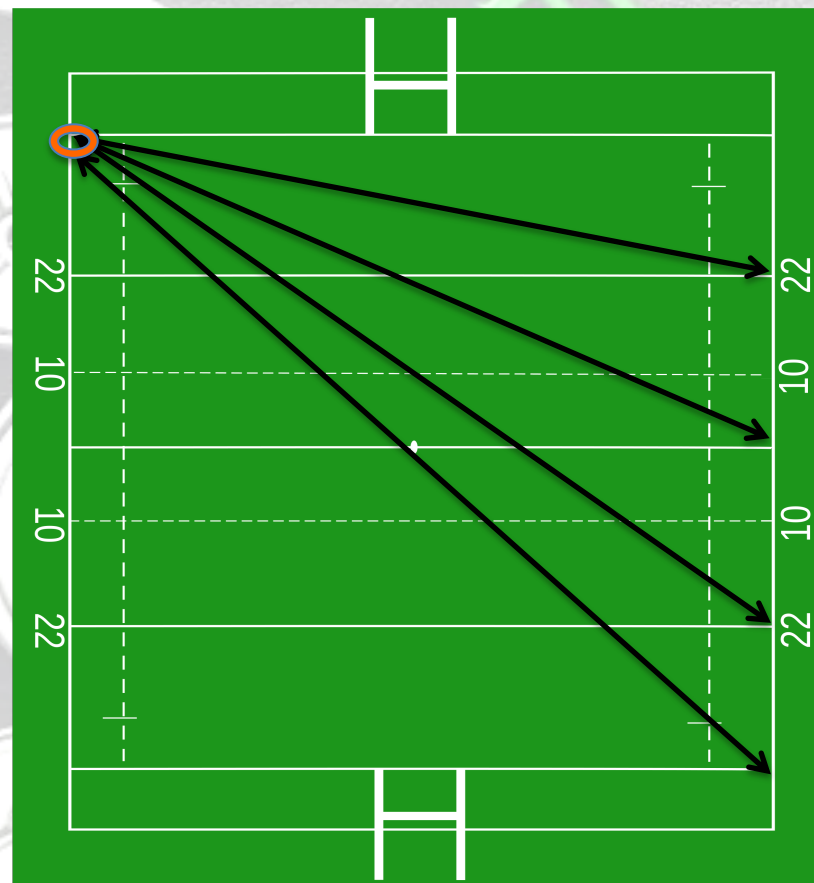
1 (at each distance)

Rest

2 mins

Take 20 seconds rest between reps

8. Diagonals



1. Start at the corner flag
2. Run to the junction of the near 22m and back (219m)
3. Run to the junction of the halfway line (258m)
4. Run to the junction of the far 22m (315m)
5. Run to the opposite corner flag (366m)

Sets

3-5

Reps

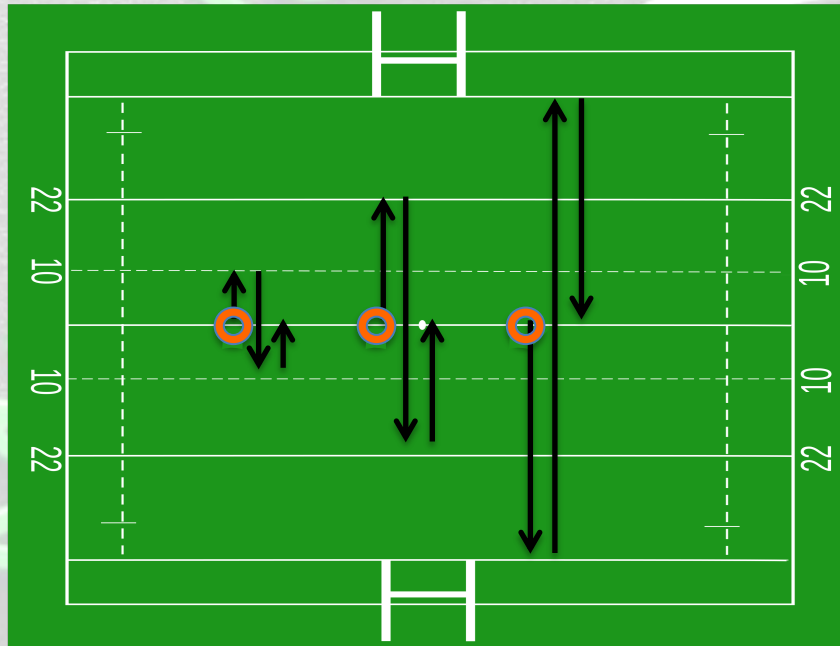
1 (at each distance)

Rest

2 mins

Take 20 seconds rest between reps

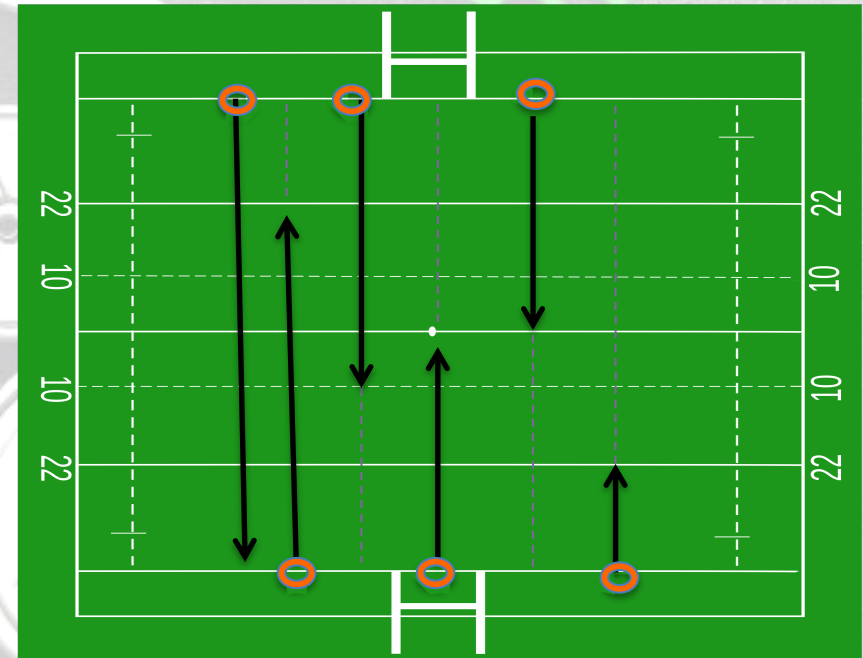
9. Centre Outs



1. Start on the halfway line
2. Run to 10m, back across to other 10m, and back to halfway (40m)
3. Run to 22m, back across to other 22m, and back to halfway (112m)
4. Run to try line, back across to the other try line, and back to halfway (200m)

Sets	Reps	Rest
10-12	1 (at each distance)	2 mins
Take 15 seconds rest between reps		

10. Build Up

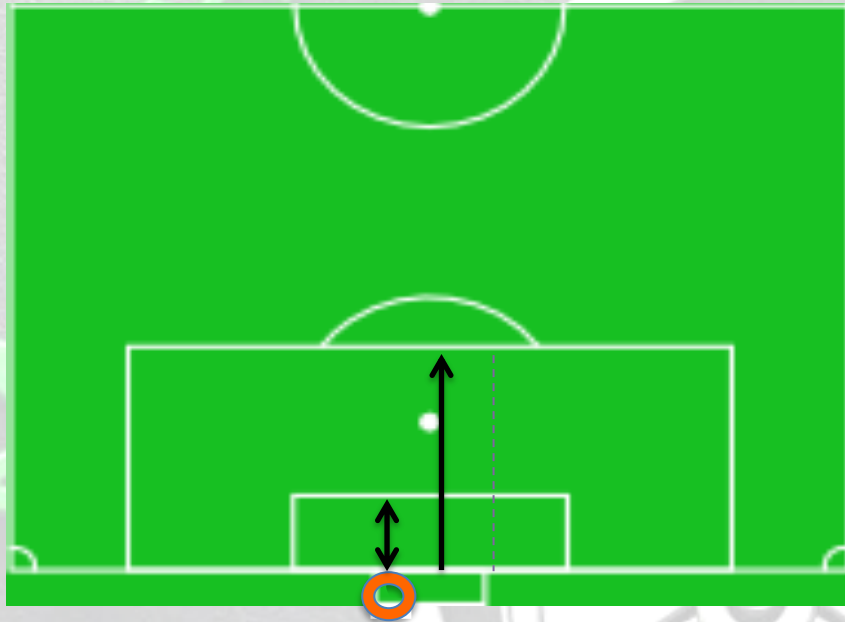


1. Start on the try line
2. Run to the other try line (100m)
3. Rest 30 seconds
4. Run back to the far 22m, walk to try line (78m)
5. Rest 30 seconds
6. Run to far 10m line, walk to try line (60m)
7. Rest 20 seconds
8. Run to halfway line, walk back to try line (50m)
9. Rest 20 seconds
10. Run to near 10m line, walk to far try line (40m)
11. Rest 10 seconds
12. Run to 22m, walk to opposite try line (22m)

Sets	Reps	Rest
10	1 (at each distance)	2 mins

Take specified rest between reps

1. Penalty Area



- Start on the goal touchline
- Sprint forwards to goal area line (5.5m)
- Backpedal to touchline (5.5m)
- Sprint forwards to penalty area line (16.5m)
- Walk back to the start (Recovery)
- 15 seconds rest
- Repeat

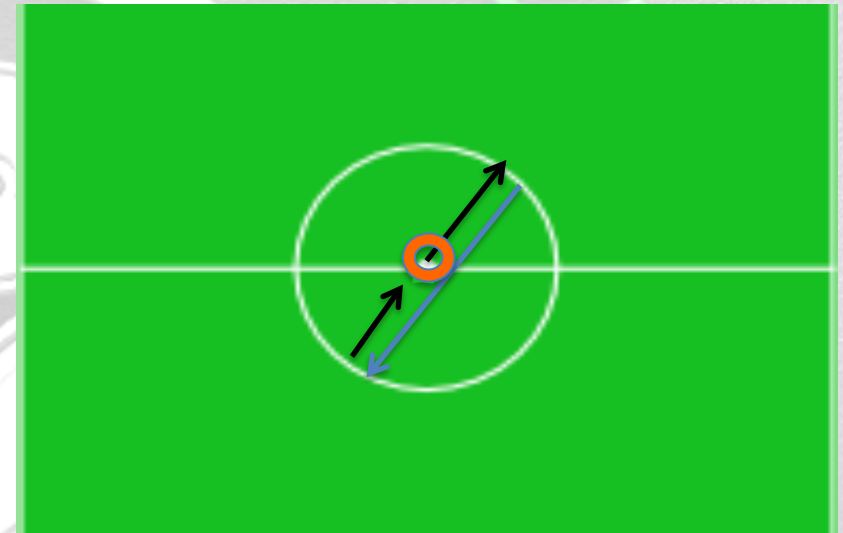
Sets
10

Reps
6

Rest
2 mins

Take 20 seconds rest between reps

2. Centre Outs



- Start on the centre spot
- Sprint forward to the outside of the centre circle (9.15m)
- Backpedal to the opposite side of the centre circle (18.3m)
- Sprint forward to the centre spot (9.15m)

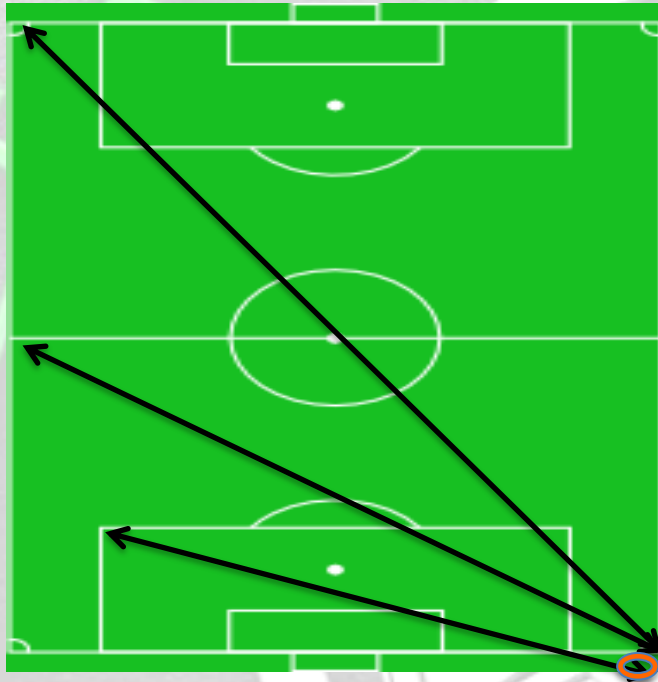
Sets
10

Reps
6

Rest
2 mins

Take 15 seconds rest between reps

3. Diagonals



- Start on the corner of the penalty area in line with the goal post
- Run to the opposite corner junction of the penalty area and back (87m)
- Walk to the corner flag – rest for 20 seconds
- Run to the corner junction of the halfway line and the touchline and back (216m)
- Rest for 20 seconds
- Run to the opposite corner junction of the pitch and back (300m)

Sets

5

Reps

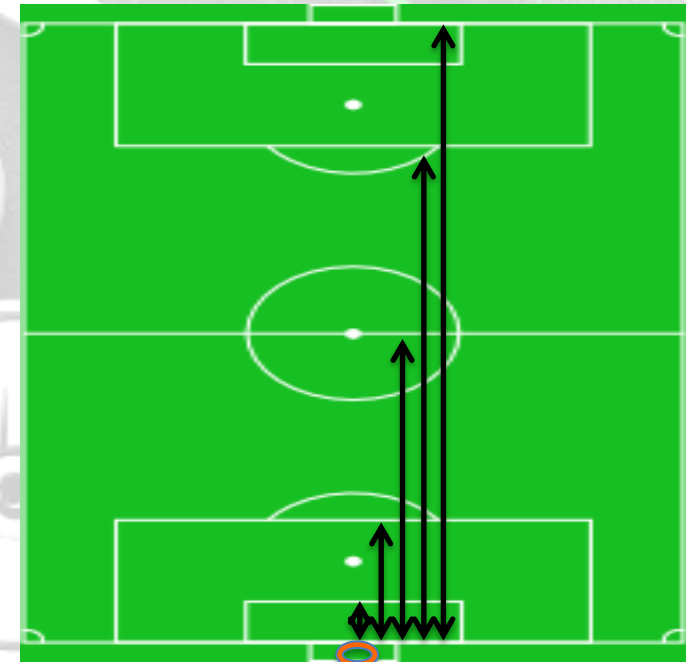
1 (at each distance)

Take 20 seconds rest between reps

Rest

2 mins

4. Suicides



- Start on the goal touchline
- Run to the 6yd line (goal box) and back (11m)
- Rest 10 seconds
- Run to the penalty area line and back (33m)
- Rest 15 seconds
- Run to the halfway line and back (120m)
- Rest 20 seconds
- Run to opposite penalty area line and back (207m)
- Rest 30 seconds
- Run to the opposite goal touchline and back (240m)

Sets

5

Reps

1 (at each distance)

Take 20 seconds rest between reps

Rest

2 mins