

DIVE STARTS LAND TRAINING

- You will need around 20m of space (approx 20-25 long steps depending on your size)
- This is not a conditioning session. Focus on quality and 100% effort with every hop/sprint and take lots of rest between efforts (60 seconds minimum)

Warm up – 3 minutes of skipping

Session

1. Hop 10m on each Leg
 - a. 1st Round = Land and hold each hop for 2 sec
 - b. 2nd Round = Hop continuously (only jump when your stable/slight pause)
2. Bound Zig Zag – 20m (bounding from one leg to the other in a diagonal pattern)
 - a. 1st Round = Land and hold each hop for 2 sec
 - b. 2nd Round = Hop continuously (only jump when your stable/slight pause)
3. Bound Linear – 20m (bounding from one leg to the other in a straight line)-watch the video (c 3rd round below) to gain an idea on bounding.
 - a. 1st Round = Land and hold each hop for 2 sec
 - b. 2nd Round = Hop continuously (only jump when your stable/slight pause)
 - c. [3rd Round = Minimise ground contact \(the floor is Lava\)](#)
4. Sprints – 5x20m, taking 2-3 minutes res in between so you can get maximum speed.

Finish off with a 15-20 minute easy jog or mixture of jogging and walking. Walking should not be more than 30 seconds)

Disclaimer: You acknowledge that performing incorrectly prescribed exercises or activities may pose a risk to your health. You are solely responsible for all acts or omissions, whether negligent or otherwise, undertaken in connection with this information.