

Physical Education - Health related exercise: components of fitness

## **How can we train speed?**

Guy Wnuk



# Create and complete an interval session.

Plan and complete an interval training session to improve speed.

- You need to include 6 activities with a rest period between each.
- Try to repeat the plan 3 times.

	Exercise
1	
	Rest
2	
	Rest
3	
	Rest
4	
	Rest
5	
	Rest
6	

