

Mike & Jason's Squads Session

Saturday

Fartlek Session

Today's session will be included in a long run. The first 8 minutes of the run will be the warm-up then start 6 sets of efforts each with a recovery jog afterwards

Efforts 4' (90" rec jog), 3' (90" rec jog), 2' (90" rec jog), 90" (60" rec jog), 1' (30" rec jog) 30"

Sunday

Go for a long run, we need to continue to pick up the pace again this week, we need to ultimately get to 10k in 45 mins.

10k run in 45 mins (4':30" per kilometre)

Coaches notes.

Please take a whistle along with you on this session you'll need to stay as close as possible with your son/daughter so they can hear the instructions, start your watch as they start the run, easy pace to start with to warm up after 8 minutes blow the whistle, they then need to run as fast as possible for each effort (keep letting them know how much time they have left after every 30" or 45") blow the whistle again on the allotted time, they can now slow down to an easy run for recovery for 90 seconds or less (again keep letting them know how much time is left in every 30") Repeat this until the efforts are completed, once finished they can run to the finish at an easy pace.

DO NOT allow them to walk at all, they must go straight into the jog from the effort.

Ideally this session is run on their normal 8 – 10k route