

Les' Squads Session

Please find a hill similar to the one at Evedon, where you can run up the hill for approx. 30-35" then jog down on the opposite side of the hill as recovery, then turn and run at effort back up to just past the brow of the hill. You need to do this session as hard as possible working up the hills

Warm-up

15' jogging in tracksuit pants and a hoodie and hi-vis jacket. Then drills for approx.10 - 15'

Main Session

8 sets of double hills with a jog recovery down, you'll need to be working as hard as possible with a fast start to get the legs moving quickly as you go up the hill.

Cool-down

15 minutes jogging with kit back on followed by stretches