

Core Squads Session

For today's session you'll need to find a location where there are two loops similar to South Hill Park, where you can run around the lake (approx. 600m) and the swamp (approx. 300m), you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

Main Session

6 sets of the Pond (600m) or 2' effort (90" rec) then the swamp (300m) or 1' effort

(3' recovery between sets)

Followed by a 15 minute easy run around the field.

Cool-down & Stretches