

Les' Squad Session

3 sets of 4 x 400m (1st in 80") 2'r (2nd in 78") 3'r (3rd in 76") 4'r (4th on 74") Lap jog between sets.

6 x 150 stride outs (to help to get the session out of the legs)

	400m	400m	400m	400m
Abi				
James				
Kirsten				
Issy				
Sofia				
Katie				
Lucy				
Hannah				
Manisha				
Caitlin				