

## Jason's Squads Session

### Saturday

For this session you will need to find location with a couple of hills, similar to the hills by the at the end of the footpath out the back of the Lookout Playground area at the crossroads

#### Warm-up

Jog out to your chosen location followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the start, possibly in a bin liner to keep them dry, in case of rain.

#### Main Session

6 x Hills from Crossroads to top of hill(jog Back Recovery)

3 x runs from junction along to left turn by small pond up hill turn right along to next junction. (Turn right again down the hill and back to the start as your jbr).

### **Sunday**

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 70' run, please log your distance and let me know how you get on.

