

## Mike & Jason's Squads Session

Today's session for all, you'll need to find a location where, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you, but you would need to work out where 200m finishes.

Coaches will need a watch to time the effort and a whistle to start each effort if you are not using a 200m loop. Athletes to jog straight over to the start as their recovery as we do on the track

Warm-up – 15' jogging followed by drills.

### Main Session

4 sets of 5 x 200m (34 – 38") (jog across rec)

400m jog recovery between each set

Cool-down & Stretches