

Mike & Jason's Squads Session

For today's session you'll need to find a location where you can setup a track/loop of approx. 400m/600m you could continue with the football pitch if that works best for you, but you would need to work out where 600m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

4 x 600m in the following times, with each one getting a little quicker

2:00 (2:40 pace)

4' recovery

1:58 (2:37 pace)

5' recovery

1:56 (2:35 pace)

6' recovery

1:54 (2:33 pace)

Allow time for recovery then a 15 minute easy run around the field.

Cool-down & Stretches