

Mike & Jason's Squads Session

Saturday

Hill Session

Please find a hill similar to the one we use in the woods with the hole in it, you will need to run up hill for 30" effort each hill.

Warm-up

15 mins jogging followed by drills up hill such as High Knees & Bounding.

Main Session

2 sets 6 x Hills jog back recovery (walk back between sets)

1st set 6 x hills as fast as possible for 30" trying to beat your marker on each effort. (JBR)

2nd set 6 x hills again as fast as possible starting with random times for each effort (30", 18", 24", 15", 27" & 21") (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 50' run, please log your distance and let me know how you get on.