

Mike & Jason's Squads Session

Saturday

Hill Session

Please find two loops one of 1k and one of 600m, if you need to use the same loop then go backwards and forwards to make the terrain different on each leg, but keep to the distances required if possible.

Warm-up

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

Main Session

3 sets 1k loop (90" recovery) 600m loop (3' between sets)

Sunday

Go for a long run, we need to start to pick the pace up again this week, we need to ultimately get to 10k in 41-44 mins.

10k run in 44 mins (4':25" per kilometre)