

Les' Squad

Today's session is to be completed as a Continuous Run, you will need to do a warm up of at least 15 minutes of jogging followed by some drills, then complete your session below, you will need a parent to come along with you or use a stop watch, this is an easy session to do in a field/park similar to South Hill Park

Warm-up

15' jogging followed by drills

Main Session

3 x 10' efforts (2' rec) Use your running watch to track how far you get in each effort. Your aim is to get to as close to 3k as you can.

Cool-Down

10' jogging followed by stretches