

## Mike & Jason's 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, then 3' rec) Use your running watch to track how far you get in each effort. Your aim is to get to as further than 2.5k as you can.

### Cool-Down

10' jogging followed by stretches