

Core Squads Session

Today's session you'll need to find a location where, you can setup a track/loop of approx. 200m you could continue with the football pitch if that works best for you, but you would need to work out where 200m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

6 x 300m (100m walk rec)

Lap Jog

1 x 800m

Lap Jog

10 x 200m (200m jog rec)

Lap Jog

1 x 1k (U17 +)

Cool-down – 10' jogging & Stretches