

## Mike & Jason's Squad

For today's session you will need to setup a 400m track either using a football pitch or cones, work out where the 100m marks are to allow you to complete the session below.

### Warm-up

15' jogging followed by drills

### Main Session

10 x 200m (jog across recovery)

400m Jog

1 x 1000m (400m jog recovery)

6 x 200m (jog across recovery)

### Cool-Down

10' jogging followed by stretches