

Core Squads Session

Today's session you'll need to find a location where, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you, but you would need to work out where 200m & 300m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

1 x 800m (timed)

Lap Jog

5 x 200m (200m jog rec) 32-38"

Walk to 300m start.

3 x 300m (100m walk rec) 55-58"

Walk to 200m start.

5 x 200m (200m jog rec) 32-38"

Cool-down & Stretches