

Core Squads Session

Saturday

For this session you will need to find location with a group of hills, similar to the hills from gravel hill down towards The Bracknell Road.

Warm-up

Jog out to your chosen location followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the top of the hill, possibly in a bin liner to keep them dry, in case of rain.

Main Session

6 x Hills from just above the Bracknell Road to the top of Gravel Hill stopping over the brow of the first hill rest for 30" then onto the top of the second hill rest for 45" then onto the top of Gravel hill. (jog Back Recovery)

Sunday

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 70' run, please log your distance and let me know how you get on.