

## Jason's Squads Session

For today's session you'll need to find a location where there is a loop similar to Hilton Loop, where you can run for approx. 600m, you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

### Main Session

2 sets of 5 x 600m (90" rec) (each effort should be approx. 2'00" – 2':20")

(3' recovery between sets)

Followed by a 15 minute easy run around the field.

Cool-down & Stretches