

## Core Squads Session

For 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 400m finishes.

Warm-up – 15' jogging followed by drills.

### Main Session

4 x 400m (1st 200m 36@ & 2nd 200m 30@) 5' rec between each effort

6 x 200m (Jog Across)

Allow time for recovery then a 15 minute easy run around the field.

Cool-down & Stretches

Main session notes:

With the 400m part of this session the emphasis is for the second 200m to be much faster than the first 200m, this is to try to speed up the legs whilst running for example when you come to the end of a race you need to develop a sprint finish.