

Mike & Jason's 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 300m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

4 sets of 4 x 400m (75", 60" & 45" rec after each effort and 5' between each set)

Cool-down & Stretches