

## Jason's Squads Session

### Saturday

For this session you will need to find location with a couple of hills, similar to the hill just past Gravel Hill from the Bracknell Road to the crossroads for the first hill then from Bracknell Road to the brow of the hill then turn right and up the steep hill as used on a short loop.

### 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 start, possibly in a bin liner to keep them dry, in case of rain.

### Main Session

6 x Hills from Bracknell Road to Crossroads

3 x Hills from Bracknell Road to top of steep hill on right (600m loop hill)

### **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 60' run, please log your distance and let me know how you get on.