

## Les' Squads Session

(Long run & Hill Session)

Please go for a 15 minute Steady run finishing by a hill similar to the one we use at South Hill Park, the Tarmac Hill, starting from the 3rd lamppost the corner to the tree at the top.

### Warm-up

8-10 minute easy run to warm-up with Hi-Vis top on

### Main Session

15' Steady run, finishing off at your hill, then complete 1 x set of 10 hills of 40" approx., with a jog back recovery. Once completed easy run back to your car/kit/home

### Cool-Down

10 minute jog with full kit on  
stretches