

Core Squads Session

Today's session for 800m you'll need to find a location where, you can setup a track/loop of approx. 200m you could continue with the football pitch if that works best for you, but you would need to work out where 200m finishes.

Coaches will need a watch to time the recovery and a whistle to start each effort if you are not using a 200m loop.

Warm-up – 15' jogging followed by drills.

Main Session

10 x 200m (30" rec)

Lap Jog

1 x 1k

Lap Jog

10 x 200m (30" rec)

Cool-down & Stretches

If you are a 1500m and above athlete, then please do the following 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.

Warm-up – 15' jogging followed by drills.

Main Session

4 x 1200m

4:10 (= 5:13 1500m pace)

4:05 (= 5:07 1500m pace)

4:00 (= 5:00 1500m pace)

3:55 (= 4:54 1500m pace)

Recovery between each effort to be 4', 5', & 6'

Cool-down & Stretches