

Mike & Jason's Squads Session

For today's session you could 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 200m finishes, the last part of the session work out where 90m is approx. in a straight line.

Warm-up – 15' jogging followed by drills.

Main Session

10 x 200m (jog across recovery)

400m jog

1 x 800m

400m jog

10 x 90m dashes (20" recovery)

Cool-down & Stretches

Coaches notes

When the athletes finish each of their 200m efforts, they need to immediately start to jog diagonally back across to the start position and jog straight into the next effort.

With the 90m dashes athletes run backwards and forwards along the 90m straight, they need to run as fast as possible with only 20" recovery before running back again.