

Core 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 400m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

4 sets 800m (1' rec) 400m (400m jog recovery)

6 x 150m stride (As fast as possible)

Cool-down & Stretches

Main session notes:

This session is to be run as fast as possible with a short recovery after the 800m of each effort the 400m effort should be faster than 76" each time. Then do the stride outs to get the session out of the legs.