

## Core Squads Session

### Saturday

For this session you will need to find location with two loops 1 of approx. 1k and the 2<sup>nd</sup> of approx. 600m similar to the loops from the bottom of Gravel Hill either on the right (1k loop) or on the left (600m loop), the hillier the course the better.

### 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

3 sets of 1k loop (90" recovery) 600m loop (3' recovery)

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