

## Mike & Jason's Squads Session

### Saturday

This weeks session is to be similar to the hills along Devils Highway by the old 'V' Gate this is where we use the hill you have just run down and the hill in front of you to the branch that hangs down. You will need to find a hill that where you can run up for approx. 40"

### Warm-up

Jog out to your chosen hill followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the top of the hill and jog down to the start of the session.

### Main Session

3 x Hills with effort's of 40" Jog Back Recovery.

6 x Hills with efforts of 25" Jog Back Recovery

3 x Hills with efforts of 40" Jog Back 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 50' run, please log your distance and let me know how you get on.