

Mike & Jason's Squads Session

Today's session for all, 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 30" recovery and a whistle to start each effort if you are not using a 200m loop. Athletes can run backwards and forwards as we do at South Hill Park. Please only allow 30" recovery between each effort and 2' recovery between each set.

Warm-up – 15' jogging followed by drills.

Main Session

4 sets of 4 x 200m (30" rec)

2' recovery between each set

Cool-down & Stretches