

## Jason's Squads Session

Please find a hill similar to the one at Evedon, where you can run up either side of the hill for approx. 30-35" to the lamp post at the top of the hill then jog back down the opposite side of the hill as recovery. You need to do this session as hard as possible working up the hills

### Warm-up

15' jogging in tracksuit pants and a hoodie and hi-vis jacket. Then drills for approx.10 - 15'

### Main Session

2 sets of 7 x Double Hills with a jog recovery down, you'll need to be working as hard as possible with a fast start to get the legs moving quickly as you go up the hill.

### Cool-down

15 minutes jogging with kit back on followed by stretches