

Mike & Jason's Squads Session

Saturday

Monster Session

This session is best carried out at the lookout perhaps with a friend. I have included a map of the location to help those who don't know the area too well. If you go out through the car park gate by Go Ape then immediately turn right over the little bridge and through the woods to the main path, turn left and follow this path, you will eventually lead onto a single track that will take you to the top of gravel hill.

However any park area will suffice it just needs to have 3 hills in a 600m course. This can either be 3 different hills or one continuous hill, what ever is easier.

If it's at The Lookout, then start approx. 15m from the junction with the Bracknell Road, run up and just over the brow of the first hill, wait there for 30" recovery, now start running down the hill then up the next hill stopping just past the top of the hill before the crossroads, 45" recovery from here just walk over to the other side of the crossroads, now run to the top of the Next Hill where you have left your clothes, once there turn around and jog all the way back to the start. If your at a different location, please adapt the session accordingly.

Warm-up

Jog out to the top of the Gravel 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

4 sets effort up and over first hill (30" rec) then effort up the next hill stopping at the crossroads (45" rec) then effort all the way to the top of Gravel Hill, Jog Back Recovery.

Sunday

Go for a long run, we need to start to pick the pace up again this week, we need to ultimately get to 10k in 41-44 mins.

10k run in 43 mins (4':18" per kilometre)

Walks & Trails in The Crown Estate Swinley Forest Bracknell

