

Jason's Squads Session

For today's session you'll need to find a location where there is a loop where you can run for 600m, you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

Main Session

7 x 600m (400m Jog rec) (each effort should be approx. 1:50" - 2':20")

4 x 200m (200m jog)

Followed by a 15 minute easy run around the field.

Cool-down & Stretches