

Core Squads Session

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

Warm-up – 15' jogging followed by drills.

Main Session

8 x 600m (400m Jog rec) (each effort should be approx. 1:50" - 2'00")

4 x 200m (200m jog)

Followed by a 15 minute easy run around the track.

Cool-down & Stretches