

Mike & Jason's Squads Session

Saturday

Hill Session

Please find a hill similar to the one by the fence line of the army ground, you will need to run up hill for 35-40" effort each hill.

Warm-up

15 mins jogging followed by drills up hill such as High Knees & Bounding.

Main Session

2 sets 5 x Hills jog back recovery (walk back between sets)

Sunday

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

10k run in 45 mins (4':30" per kilometre)