

### Core Squad Session

We need to try to simulate a 400m track, if you have some cones you could use at the corners of a football/rugby pitch as a guide, if not some baseball hats would suffice, to create a simple 400m track around the pitch.

15-minute warm-up followed by Active Drills

### Main session

1 x 1200m (200m jog rec) (76 – 80" laps)

5 x 400m (200m jog rec) (76" laps)

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5 x 400m (200m jog rec) (76" laps)

### Cool Down

10-minute cool-down followed by stretches to finish.

Session Notes:

You'll need to maintain your speed during this session