

Mike & Jason's Squads Session

For today's session you'll need to find a location where you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you, but you would need to work out where 800m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

1 x 800m as fast as possible (800m jog recovery)

5 x 200m (200m jog) 400m jog between sets

2 x 300m (100m walk recovery) 400m jog between sets

3 x 200m (200m jog recovery)

Cool-down & Stretches