

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 400m finishes. This session would normally be a relay so if you have a sibling or friend who could join you all the better, if not just rest for the same time period as you have just run. Large loop should be approx. 1000m short loop approx. 400m

Warm-up – 15' jogging followed by drills.

Main Session

5 sets large loop then small loop

Cool-down & Stretches

Main session notes:

This session is to be run as a relay where athlete 1 would run the large loop followed by athlete 2 running the large loop, athlete 1 would then run the small loop again followed by athlete 2 running the small loop. As I have said above if there is only one athlete doing the session, please allow the rests in between each effort/loop be equal to the loop just run.