

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

5 x 1k (3' 4' 5' & 6' rec)

Lap jog recovery followed by

6 x 200m (100m jog rec)

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

Session Notes:

each effort should be faster than the previous one starting at approx.: 3:20, 3:15, 3:10, 3:07 & 3:05