

## Mike & Jason's Squads Session

### Saturday

For this session you will need to find a hill with two levels similar to the hill from The Bracknell Road to the junction at the top of Gravel Hill

#### Warm-up

Jog out to your chosen hill followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the top of the hill and jog down to the start of the session.

#### Main Session

1 set of 5 Hills from Bracknell Road stop on first level (after approx. 20" effort) rest for 45" then effort onto the top at the end of the flat section, by the junction at the top of Gravel Hill (after approx. 30 - 45" effort). Jog back recovery all the way to the start.

### **Sunday**

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 55' run, please log your distance and let me know how you get on.