

## Les' Squads Session

(Hill Session)

Please find a hill similar to the one we use at South Hill Park the Tarmac Hill from the barrier to the tree at the top.

### Warm-up

15' jogging followed by drills

### Main Session

16 x Hills (Effort up and jog back down recovery) 35-40" effort

### Cool-Down

10' jogging followed by stretches