

Mike & Jason's Squads Session

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 each 100m finishes.

Coaches Please time the 500m effort then add on the 300m effort to give us an idea of an 800m time. For the second part of the session use the watch to time the recovery and a whistle to start each effort.

Warm-up – 15' jogging followed by drills.

Main Session

1 x 500m (30" standing rec) 1 x 300m (to be run as fast as possible at race pace.)

2 x Lap Jog

10 x 200m (30" rec)

6 x 150m stride outs

Cool-down & Stretches