

## Jason's Squads Session

### **Saturday**

For this session this session you'll need to find a hill similar to the one on Devils Highway from the V gate to the branch and then an undulating path of approx. 800m long, similar to the pathway from the V Gate to the bench after the third hill.

#### Warm-up

Jog out to your chosen location followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the start, possibly in a bin liner to keep them dry, in case of rain.

#### Main Session

1 sets of 6 Hills (jog back recovery)

1 set of 3 efforts along the undulating path (jog back recovery)

### **Sunday**

Go for a long run, we need to start to pick up the pace on the runs, we are now starting to build up speed stamina for the coming track season.

Go for a 60' run, please log your distance and let me know how you get on.