

## 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

3 sets of 4 x 400m (1<sup>st</sup> in 74") 2'r (2<sup>nd</sup> in 72") 3'r (3<sup>rd</sup> in 70") 4'r (4<sup>th</sup> on 68") 6's between sets

4 x 150 stride outs (to help to get the session out of the legs)

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

### Session Notes:

Each effort is faster than the previous one in each set, then start again at the beginning on the subsequent sets.