

## 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 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 65' run, please log your distance and let me know how you get on.