

Les' Squads Session

For tonight's session you will be able to do this session with the aid of a football pitch if you do not have any other area where you can lay out a 400m track, for the 200m efforts the recovery is to jog across, with a jog of 400m after the first set. Then 1 x 800m AFAP (400m jog) If you are using a football pitch the use each side as 100m, so 2 sides equals 200m etc. If you cannot do the 90m dashes just do a 2nd set of 10 x 200m (jog across rec)

Warm-up – 15' jogging followed by drills.

Main Session

10 x 200m (jog across rec) 400m jog

1 x 800m (400m jog rec)

2 x 10 x 90m Dashes (15" rec)

Cool down

10' jog with full kit on plus stretches.