

Les Squad Session

Today could you use one of your exercises to go for a 30' 'steady run' please keep safe whilst out, running in a place like Swinley Forest is ideal, but please stay local to your home in a similar location.

We typically use 3 different paces for long runs these are 'easy', 'steady' & 'tempo'. An 'easy' run would be where you could talk for the complete run. A 'steady' run would be where you could only talk for a few minutes and when you have finished you could do the run again but would choose not to. Lastly a 'tempo' run is where you could only say 3 words and could not repeat the run as you are too exhausted.

You will need to do a 10' warm-up before you start your run in full kit to warm the muscles fully

Stay safe everyone, don't forget you can meet up with one other person to exercise together or with members of the same household/support bubble. Please remember to keep to the social distance rules of 2 metres