

## Core Squads Session

### Saturday

For this session you will need to find location with a couple of hills, similar to the hill on the right before the underpass, running up from the gate to the tree rest for 30" then onto the top of the hill. 2<sup>nd</sup> hill is much shorter running for only 30"

### 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

6 x Hills from Gate to tree (30" rec) then over brow of the hill (jbr)

6 x Hills on short side to the brow of the hill (jbr)

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