

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

1 x 1K (timed run) Lap jog recovery followed by

3 sets of 600m (200m jog) 500m (200m Jog) 400m (400m Jog)

1 x 1K (U17+ only)

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

Coaches Notes:

With this session we need to get the time for the first 1K effort (2 ½ laps of the track) then keep the watch running to record the time it takes to complete the whole session.