

## Mike & Jason's 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 800m (timed run) Lap jog recovery followed by

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

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

### *Coaches Notes:*

*With this session we need to get the time for the first 800m effort (2 laps of the track) then keep the watch running to record the time it takes to complete the whole session.*