

Mike & Jason's Squad Session

For today's session we'll be back to the football pitches, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you, but you would need to work out where 200m & 600m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

3 sets of 600m (200m slow jog recovery in 2')

3 x 200m (100m slow jog recovery in 1')

3' recovery between sets

Cool-down & Stretches

Notes on Session

This sessions is to be run as a continuous run with no stopping at all, its much easier to go straight from effort into a jog, without stopping, hands on knees puffing or walking, just keep running but at a slow pace. Each set consists of 1 x 600m & 3 x 200m and there are 3 sets to be completed.

Coaches we only time the recoveries on this session so 2 minutes after the 600m whilst they jog 200m and 1 minute after the 200m whilst they jog 100m. then 3 minutes between sets, but each effort is as fast as possible.