

## Core Squads Weekend Session

### Saturday

Warm-up

Jog out to Hill for session in full kit

(Hill Session)

Please find a hill similar to the one we use on Devil's Highway at the V Gate. Leave your kit at the top of the hill closest to the underpass.

3 x Long hills from stump to top of hill towards the underpass (jog back recovery)

6 x hills from past cycle track to the branch that hangs out

3 x Long hills from stump to top of hill towards the underpass (jog back recovery)

Cool Down & Stretches

Jog back to car park or where you started jogging this morning, then complete your normal stretches, Calf Stretch, Quad Stretch, Hamstring Stretch & Adductor (Inner Thigh) Stretch. Hold each stretch for at least 20 seconds on each side.

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