

Mike & Jason's Squads Session

Saturday

Hill Session

Please find a hill similar to the one to the right of the underpass, you will need to run up hill for 45-55" effort each hill.

Warm-up

15 mins jogging followed by drills up hill such as High Knees & Bounding.

Main Session

6 x Hills

Each hill to be completed in two sections, run approx. halfway (25"), to a marker, then stop for 30" recovery, then start again for the last section of the hill (30").

Sunday

Go for a long run, we need to start to pick the pace up during the summer months, we need to ultimately get to 10k in 41-44 mins.

10k run in 48 mins (4':48" per kilometre)