

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

3 sets of 4 x 400m (1st in 74") 2'r (2nd in 72") 3'r (3rd in 70") 4'r (4th on 68") 6's between sets

4 x 150 stride outs (to help to get the session out of the legs)

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

Session Notes:

Each effort is faster than the previous one in each set, then start again at the beginning on the subsequent sets.