

Les' Squads 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.

Warm-up

15 minute jog warm-up (4 laps) with full kit on trackies, hoodie and coat if necessary.

Main Session (Hi-Vis or white tee shirts please)

1000m (400m jog) 800m (400m jog) 600m (400m jog) 400m (300m jog) 300m (200m jog) 200m (100m jog) 100m (100m jog) 100m (200m jog) 200m (300m Jog) 300m (400m jog) 400m (400m jog) 600m.

Cool-Down

10 minute jog with full kit on followed by

Stretches