

## Core Squads Session

Saturday

(Out 'n Back)

The idea of this session is to run out as hard as possible until the whistle blows, then take 3.5 minutes recovery, now run back to the start and aim to get back before the whistle blows again.

7 ½ minutes (eyeballs out - hard run) drop a ribbon when the whistle blows to mark the finish point.

3 ½ minutes walking recovery (after approx. 3' go back to your starting position collect your ribbon and wait for the instruction to GO.

7 ½ minutes (eyeballs out hard run) to get back to where you started the session from if possible.

*Coaches note: This session must be run as fast as possible, you will need to be on a bike with your stop watch and whistle ready, keep letting the athletes know how much longer they have to run, as this will help to encourage them to go faster, especially as you get towards the end of each run.*

Sunday

Today's will be the last of the fast runs, so try your hardest to achieve the time below, after today's run we will start to lengthen the time we are out, we won't be slowing down noticeably just running further eventually running somewhere close to 15km in 68 minutes

10k run in 40 mins (4':00" per kilometre)