

## Jason's Squads Session

For tonight's session you will be able to do this session with the aid of a football pitch if you do not have any other area where you can lay out a 400m track, with cones or bottles to mark off each 100m segments. Time the whole session from beginning of 800m effort to end of last 400m effort.

Warm-up – 15' jogging followed by drills.

### Main Session

1 x 800m (timed) 400m jog

3 sets 600m (200m jog) 500m (200m jog) 400m (400m jog rec)

### Cool down

10' jog with full kit on plus stretches.