

Les' 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

Warm-up – 15' jogging followed by drills.

Main Session

1 x 1k (timed) 400m jog

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

1 x 1k (U17+)

Cool down

10' jog with full kit on plus stretches.