

## Jason's Squads Session

Saturday

(Hill Session)

Please find a loop similar to the one we use by the 'V' gate along Devils Highway starting from the crossroads, down the hill towards the army ground then right and right again up to the 'V' gate. Followed by the hill from the V Gate to the branch

4 x Loops (jog back up the path to the start) approx. 2' effort

6 x Hills (Effort up and jog back down recovery) 18-20" effort

Sunday

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 55' run, please log your distance and let me know how you get on.