

Mike & Jason's Squads Session

Saturday

Hill Session

Please find a hill similar to the one we use in the woods with the hole in it, you will need to run up hill for 30" effort each hill.

Warm-up

15 mins jogging followed by drills up hill such as High Knees & Bounding.

Main Session

2 sets 6 x Hills jog back recovery (walk back between sets)

1st set 6 x hills as fast as possible for 30" trying to beat your marker on each effort. (JBR)

2nd set 6 x reducing hills again as fast as possible starting with the first effort of approx. 25" then reduce each effort by approx. 5 metres (JBR)

Sunday

Go for a long run, we need to continue to pick up the pace again this week, we need to ultimately get to 10k in 40-44 mins.

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