

Jason's Squads Session

For today's session you'll need to find a location where there are two loops similar to South Hill Park, where you can run around the lake (approx. 600m) or Hilton Loop (again approx. 600m), you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

Main Session

2 sets of 4 x 600m (90" rec)

(3' recovery between sets)

Cool-down & Stretches

10' jogging followed by stretches