

Mike & Jason's Squads Session

For today's session we'll be back to the football pitches, you can setup a track/loop of approx. 200m you could continue with the football pitch if that works best for you, but you would need to work out where 200m finishes, it would be easier for you coaches if it is just a 200m loop.

Warm-up – 15' jogging followed by drills.

Main Session

10 x 200m (with reducing recoveries by 5" from 50", so 50", 45", 40" etc)

400m jog

1 x 800m

400m jog

10 x 200m (reducing recoveries by 10" from 90", so 90", 80", 70" etc)

Cool-down & Stretches