

Mike & Jason's Squads Session

Saturday

(Hill Session)

Please find a hill similar to the one we use with the hole in it

6 x Hills (Effort up and jog back down recovery) 20-25" effort

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

Sunday

Go for a long run, we need to start to pick the pace up during the summer months, we need to ultimately get to 10k in 41-44 mins.

6-8k run in 30 - 40 mins (5 minutes per kilometre)