

Core Squads Session

Today's session you'll need to find a location where, 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.

Coaches will need a watch to time the recovery and a whistle to start each effort if you are not using a 200m loop.

Warm-up – 15' jogging followed by drills.

Main Session

10 x 200m (30" rec)

Lap Jog

1 x 1k

Lap Jog

10 x 200m (30" rec)

1 x 1k (U17+ only)

Cool-down & Stretches