

## Mike & Jason's Squads Session

Saturday

(Hill Session)

Please find a hill similar to the one we use to the right of Devils Highway before the underpass

8 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 continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 55' run, please log your distance and let me know how you get on.