

Jason's Squad

Christmas Training Sessions

Tuesday 29th December

Please find a park with an 800m loop that includes at least 1 hill, similar to South Hill Park.

Warm-up

Run around to your chosen location in your trackies & hoodie then do some drills on the hill 'High Knees', 'Alternating High Knees' & 'Heel Flicks' followed by 3 x stride outs

Main Session

2 set of 4 x 800m loops (starting at the bottom of your hill run up the hill along the top ridge and back down then continue around your chosen loop, time how long the loop takes then rest for the same time before continuing with the session. Keep walking/jogging around during your rest, once you have completed the first set jog around your loop as a recovery jog.

Cool-Down

Jog around your chosen location in your trackies etc then stretch once you are back to your cars.