

## Jason's Squads Session

(Hill Session)

Please find a hill similar to the one we use at South Hill Park, the Tarmac Hill, starting from the lamppost before the barrier to the tree at the top.

### Warm-up

15 minute jog warm-up with full kit on trackies, hoodie and coat if necessary plus Hi-Vis

### Main Session

2 sets of 6 x Hills (Effort up and jog back down recovery) 30-40" effort. Walk back between sets.

### Cool-Down

10 minute jog with full kit on

Followed by Stretches