

Core Squads Session

Saturday

(Hill Session)

Please find a hill similar to the one we use in the woods (turn off the main path then immediately right, when you get to the hill turn left the hill we use is a short way along on the right. starting from the tree, effort up to the tree at the top then jog around through the single track, down the hill and back along the path to start your next effort. The second hill is the one up the side of the hill you have just been using, finishing at the same place.

1 x 6 hills (jog around recovery)

1 x 5 hills (JBR)

Cool Down & Stretches

Jog back to car park or where you started jogging this morning, then complete your normal stretches, Calf Stretch, Quad Stretch, Hamstring Stretch & Adductor (Inner Thigh) Stretch. Hold each stretch for at least 20 seconds on each side.

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 60' run, please log your distance and let me know how you get on.