

Mike & Jason's Squad

If possible today's session should be run with two athletes. Setup a 400m track either using a football pitch or cones, mark off the centre line of the track and get each athlete to start from opposite sides of the track. Each athlete runs in turn as in a continuous relay, once they tag the other athlete they will need to jog across the centre line to get to their starting position before the other athlete arrives. If there is only one athlete, run half the track then jog over to the start position and run again.

Warm-up

15' jogging followed by drills

Main Session

1 set of 9 efforts (4' Recovery)

1 set of 7 efforts (5' recovery)

1 set of 5 efforts

Cool-Down

10' jogging followed by stretches