

Today's session is to be completed as a Continuous Run, you will need to do a warm up of at least 15 minutes of jogging followed by some drills, then complete your session below, you will need a parent to come along with you with a stop watch and whistle if possible, this is an easy session to do in a field/park similar to South Hill Park

### Les' Squad

3' (1' rec) 2' (1' rec) 1' (1' rec) 30" (30" rec) 30" (30" rec) 1' (1' rec) 2' (1' rec)  
3' (1' rec) 2' (1' rec) 1' (1' rec) 30" (30" rec) 30" (30" rec) 1' (1' rec) 2'

### Whistle timings

3' (4') 6' (7') 8' (9') 9'30" (10') 10'30" (11') 12' (13') 15' (16') 19'  
(20') 22' (23') 24' (25') 25'30" (26") 26'30" (27') 28' (29') 31'