

Core Squads Session

Saturday

For this session you will need to find location with a long steep hill, similar to Pudding Hill in the Lookout, running up from the crossroads to the junction at the top of the hill.

Warm-up

Jog out to your chosen location followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the start, possibly in a bin liner to keep them dry, in case of rain.

Main Session

2 Sets of 6 x Hills from Crossroads to the junction at the top of the hill (jbr)
(Walk back between sets) each hill is approx. 40-45" effort

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