

## Les' Squads Session

Today's Pyramid 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 be able to do this session with the aid of a football pitch if you do not have any other area where you can lay out a 400m track, the recovery is to jog what you run next, with a maximum jog of 400m. If you are using a football pitch the use each side as 100m, so 2 sides equals 200m etc.

Warm-up – 15' jogging followed by drills.

### Main Session

800m (400m jog) 600m (400m jog) 500m (400m jog) 400m (300m jog) 300m (200m jog) 200m (100m jog) 100m (100m jog) 100m (200m jog) 200m (300m Jog) 300m (400m jog) 400m (400m jog) 500m (400m jog) 600m.