

Mike & Jason's Squads Session

Saturday

Hill Session

Please find a hill similar to the one we use in the woods with the hole in it, you will need to run up hill for 30" effort each hill.

Warm-up

15 mins jogging followed by drills up hill such as High Knees & Bounding.

Main Session

2 sets 6 x Hills jog back recovery (walk back between sets)

1st set 6 x hills as fast as possible for 30" trying to beat your marker on each effort. (JBR)

2nd set 6 x hills again as fast as possible starting with random times for each effort (30", 18", 24", 15", 27" & 21") (JBR)

Sunday

Go for a long run, we need to continue to pick up the pace again this week, we need to ultimately get to 10k in 41-44 mins.

10k run in 42 mins (4':12" per kilometre)