

Jason's Squad

Christmas Training Sessions

Thursday 31st December

For today's session you'll need to find a 400m course, you can use a football pitch if that suits you, coaches will need a stop watch and a whistle.

Main Session

4 x 3' efforts (90" recovery)

Lap jog between sets

3 x 45" effort (jog back to start recovery)

Cool-Down

Go for a 15 minute Jog in your trackies etc then stretch.