

## Mike & Jason's Squads Session

Saturday

(Out 'n Back)

The idea of this session is to run out as hard as possible until the whistle blows, then take 3.5 minutes recovery, now run back to the start and aim to get back before the whistle blows again.

5 ½ minutes (eyeballs out - hard run) drop a ribbon when the whistle blows to mark the finish point.

3 ½ minutes walking recovery (after approx. 3' go back to your starting position collect your ribbon and wait for the instruction to GO.

5 ½ minutes (eyeballs out hard run) to get back to the starting position if possible.

Sunday

Go for a long run, we need to start to pick the pace up during the summer months, we need to ultimately get to 10k in 41-44 mins.

10k run in 48 mins (4':48" per kilometre)