

Jason's Squads Session

Today's session you'll need to find a location where, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

Main Session

2 x 1000m (400m jog rec) 3:15 – 3:30

4 x 300m (100m walk rec) 57 – 62"

4 x 200m (200m jog rec) 32- 35"

Cool-down & Stretches