

## Mike & Jason's Squads Session

Saturday

(Hill Session)

Please find a loop similar to the one we use by the 'V' gate along Devils Highway starting from the crossroads, down the hill towards the army ground then right and right again up to the 'V' gate. Followed by the hill from the V Gate to the branch

3 x Loops (jog back up the path to the start) approx. 2' effort

6 x Hills (Effort up and jog back down recovery) 18-20" effort

Sunday

Go for a long run, we should now be running at our fastest pace, let's use the next few Sunday runs to break the 40min target.

10k run in 40 mins (4:00 minutes per kilometre)