

Mike & Jason's Squads Session

For 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

4 x 1000m

3:45 (= 5:38 1500m pace)

3:40 (= 5:30 1500m pace)

3:30 (= 5:15 1500m pace)

3:20 (= 5:00 1500m pace)

Recovery between each effort to be 4', 5', & 6'

Cool-down & Stretches