

Les' Squad Session

For today's session we'll be back to the football pitches, you can setup a track/loop of approx. 400m you could continue with the football pitch if that works best for you, but you would need to work out where 200m finishes.

Warm-up – 15' jogging followed by drills.

Main Session

5 x 200m (jog across recovery) 32-34" per effort

Lap jog recovery

4 x 300m (100m walk recovery) 51-55" per effort

Lap Jog Recovery

5 x 200m (jog across recovery) 32-34" per effort

Cool-down & Stretches