

## Mike & Jason's 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

4 sets of 5 x 200m (jog across recovery) 34-36" per effort

Lap jog recovery between sets

Cool-down & Stretches