

Jason's Squads Weekend Session

Saturday

Warm-up

Jog out to bottom of Pudding Hill

(Hill Session)

For this session you will need to find a 1k loop to run around.

4 x 1k loops, starting from the crossroads at the bottom of pudding hill, running up the hill left at the junction, left again before Gravel hill then left again back to start. (3' rec between each effort)

Cool Down & Stretches

Jog back to car park or where you started jogging this morning, then complete your normal stretches, Calf Stretch, Quad Stretch, Hamstring Stretch & Adductor (Inner Thigh) Stretch. Hold each stretch for at least 20 seconds on each side.

Sunday

Go for a long run, we need to continue with the pace we have developed over the summer but now need to push further for longer working up to approx. 15k in 75 minutes

Go for a 70' run, please log your distance and let me know how you get on.