

Core Squads Session

Saturday

This weeks session is to be similar to the hills along Devils Highway by the old 'V' Gate this is where we use the hill in front of you to the branch that hangs down and the 3 hills to your left as you arrive at the v gate towards the bench. You will need to find an undulating path with a few hills that where you can run up for approx. 60"

Warm-up

Jog out to your chosen hill followed by drills up hill such as High Knees & Bounding. Leave your trackies and hoodies at the top of the hill and jog down to the start of the session.

Main Session

6 x Hills with efforts of 25" Jog Back Recovery

3 x undulating Hills with efforts of 60" Jog Back Recovery

Sunday

Go for a long run, we need to start to pick the pace up again this week, we need to ultimately get to 10k in 41-44 mins.

10k run in 41 mins (4':06" per kilometre)