

Core Squad Session

We need to try to simulate a 400m track, if you have some cones you could use at the corners of a football/rugby pitch as a guide, if not some baseball hats would suffice, to create a simple 400m track around the pitch.

15-minute warm-up followed by Active Drills

Main session

8 x 3' efforts (3' active recovery)

10-minute cool-down followed by stretches to finish.

Session Notes:

Return to same starting position for each effort, so that you can improve on the distance you run by marking your finish position each time..