

Core Squads Session

Today's session you'll need to find a location where, 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 each 100m finishes.

Coaches tonight's session is to be a continuous run, there should be no stopping at all, every recovery is an active jogging recovery not standing with hands on knees puffing.

Warm-up – 15' jogging followed by drills.

Main Session

1 x 800m (to be run as fast as possible at race pace.)

5' Jog recovery

5 sets of 200m in 38" (200m jog rec) 200m in 38" (400m jog rec) 400m in 76" (200m jog rec)

Cool-down & Stretches