

## Jason's Squads Weekend Session

### Saturday

Warm-up

Jog out to Hill for session in full kit

(Hill Session)

Please find a hill similar to the one we use, from the lookout, out at the bottom of the gravel hill to the left of the cross roads, from Bracknell Road to the brow of the hill, where the bikes cross the path. The second hill to use is the steep hill to your left as you stand at the brow of the hill looking back down towards the Bracknell Road. Start from the top of the first stage, effort up to the top, there is then a single track off to the left that brings you back around to the bottom of the hill

1 x 6 hills (jog back recovery)

1 x 5 steep hills (jbr on single track off to the left from the top of the hill)

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 60' run, please log your distance and let me know how you get on.