

Mike & Jason's Squad

Today's session is 3' efforts, with a sprint gate area, you will need to do a warm up of at least 15 minutes of jogging followed by some drills, then complete your session below, you will need a parent to come along with you or use a stop watch, this is an easy session to do in a field/park similar to South Hill Park

Warm-up

15' jogging followed by drills

Main Session

2 sets of 4 x 3' efforts, with sprints (you'll need to set up the sprint gates so that there is approx. 30m between the gates, this could be either cones or jumpers etc to mark the area) 90" rec between each effort and 3' recovery between each set

Cool-Down

10' jogging followed by stretches