

## Mike & Jason's Squads Session

For today's session you'll need to find a location where there are two loops similar to South Hill Park, where you can run around the lake (approx. 600m) and the swamp (approx. 300m), you could continue with the football pitch if that works best for you.

Warm-up – 15' jogging followed by drills.

### Main Session

5' Effort around the park (600m (lake) loop jog recovery)

5 sets of the Lake (600m) or 2' effort (30" rec) then the swamp (300m) or 1' effort (90" rec)

4 x hills in woods from bush (JBR (Jog Back Recovery))

Cool-down & Stretches