

Mike & Jason's Squads Session

Saturday

Oregon Circuit

The idea of this session is to continue to build on your Core Stability you will need to set out a 200m track that starts and finishes at the same place. Then complete each block of exercises with a 200m run as fast as possible between each exercise and a 2' recovery between each block.

[Click here for Oregon Circuit Sheet](#)

Sunday

Go for a long run, we need to start to pick the pace up during the summer months, we need to ultimately get to 10k in 41-44 mins.

10k run in 48 mins (4':48" per kilometre)