

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 should now be running at our fastest pace, this will be the last of the Sunday runs to break the 40min target.

10k run in 40 mins (4':00" per kilometre)