

Jason's Squad

3 x 800m (400m jog) 2'32" – 2-48" (76"- 400m 84"- 400m)

4 x 400m (200m jog) 76" – 80"

4 x 200m (200m jog) AFAP

	800	800	800	400	400	400	400	200	200	200	200