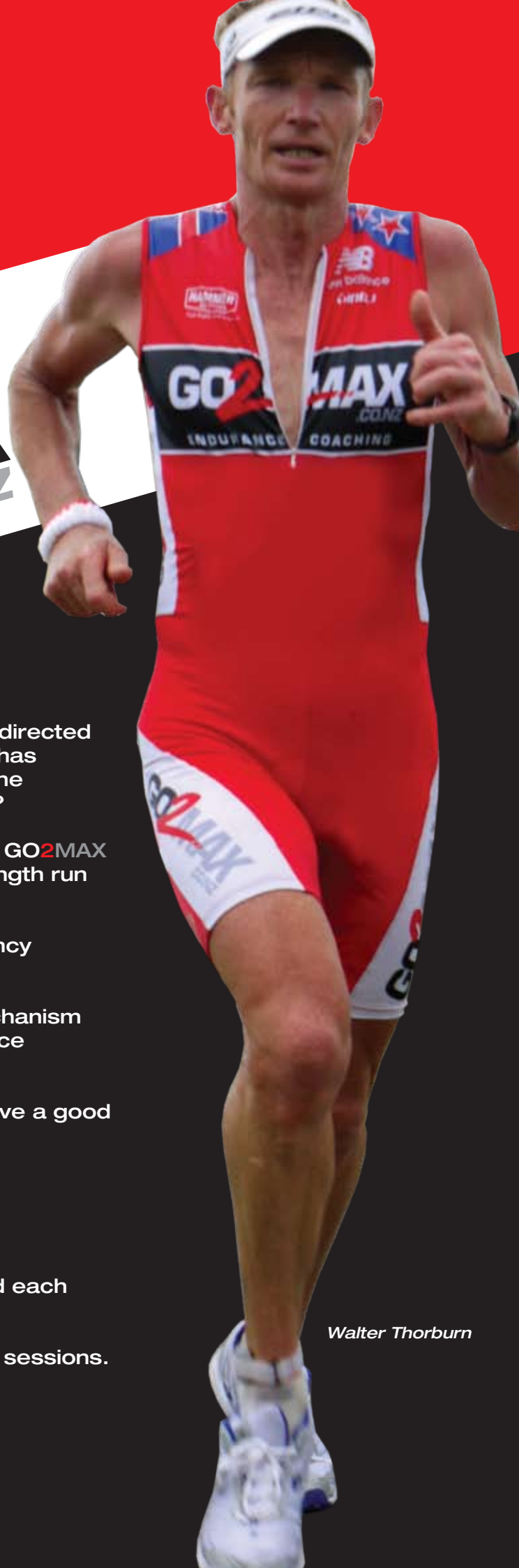


# RUN SQUAD

## GO<sup>2</sup>MAX .CO.NZ



DO YOU want the opportunity to join a run squad directed by a professional full time endurance coach who has coached winners and top three place getters in the Marathon, Triathlon and One Day Coast to Coast?

Then come along and gain the advantages of the GO<sup>2</sup>MAX run squad that focuses on a skill, power and strength run programme on a 400-mtr oval.

Exercises designed to improve technique, efficiency and economy of movement.

Understand the benefits of the stretch reflex mechanism and how it can help improve race times and reduce time to exhaustion.

This squad is open to all abilities providing you have a good basic level of fitness and you are injury free.  
Length of session is 50 min - 1 hr.

### *What you need to bring along*

- A good attitude and desire to improve
- Reasons to change the habits and ways of old
- Wet weather gear, as the session will go ahead each week regardless
- \$10 per session  
Or \$80 for a concession card that gives you 10 sessions.

### *When and where*

Every Wednesday at St Heliers Bay, Auckland  
Contact Walter for further details on 021 813 195.

[www.go2max.co.nz](http://www.go2max.co.nz)

Walter Thorburn