

ASV is closed until at least 22nd January - so there will be no track access. In the Schedule I've given an alternative for Mondays in the event that weather conditions mean that we cannot do the block sessions.

I'm also looking at other options for the sessions in the event that the Tier 4 lock down continues past January

DAY	DATE	Schedule 97
Mon	04.01.21	Small Block - 400m x 10 x 3 min
Mon	04.01.21	Alt – Kings 300m x 10 x 3 min
Wed	06.01.21	Kings 3 on /2 off x 6
Wed	06.01.21	
Mon	11.01.21	Medium Block - 600m x 6 x 4 min
Mon	11.01.21	Alt – Kings 400 x 10 with 200m jog/walk recovery
Wed	13.01.21	Kings 4 min on 2 min off x 4
Wed	13.01.21	
Mon	18.01.21	Large Block - 800m x 5 x 6 min
Mon	18.01.21	Alt – Kings 500 m x 8 with 100m WALK recovery
Wed	20.01.21	Kings 2 on/2 off /3 on/2off/4 on/2 off/3 on/2off/2 on
Wed	20.01.21	
Mon	25.01.21	Small Block – 250 m x 10 x 3(single leg -Golf Road to corner)
Mon	25.01.21	Alt – Kings 300m x 10 x 3 min
Wed	27.01.21	Kings 600 x 6 x 4 min
Wed	27.01.21	