

DAY	DATE	Schedule 98a
Mon	01.03.21	500/300/400 x 3 x 3 min
Wed	03.03.21	1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	08.03.21	300m / 500m x 5 x 3 min
Wed	10.03.21	900m x 5 w/2min recovery
Mon	15.03.21	400m x 10 x 3 min
Wed	17.03.21	800m x 6 w/2min recovery
Mon	22.03.21	300m sprint / 100m jog recovery – 10 reps
Wed	24.03.21	600m, 900m, 1200m, 900m, 600m, w/2min recovery
Mon	29.03.21	2 x 400m, 600m, 800m, 600m, 2 x 400m w/2min recovery
Wed	31.03.21	1 on / 1 off / 2 on / 1 off x 6 repetitions
Mon	05.04.21	12 x 200m x 2min,
Wed	07.04.21	900m, 1200m, 1500m, 1200m , 900m with 2min recovery
Mon	12.04.21	5 x 100m, 5 x 200m x 2 repetitions Walk back recovery
Wed	14.04.21	300m, 600m, 900m x2 reps - 1min /2min /2min recovery
Mon	19.04.21	14 x 200m x 2min
Wed	21.04.21	4 x 1000m w/2min recovery
Mon	26.04.21	200 x 3 x 2min, 300 x 3 x 3min, x 2 repetitions 5 min between reps
Wed	28.04.21	7 x 600m with 2min recovery