

<b>DAY</b>	<b>DATE</b>	<b>Schedule 99</b>
Mon	03.05.21	250/150 x 6 x 2 min
Wed	05.05.21	Broadhill –Stadium side – Trig point 8 x 3 min
Mon	10.05.21	5 x 100m, 5 x 200m x 2 repetitions Walk back recovery
Wed	12.05.21	Cathedral Hill – 12 x 2 ½ min
Mon	17.05.21	400m x 10 reps x 3 min
Wed	19.05.21	Seaton Up and overs (30 min) continuous
Mon	24.05.21	14 x 200m x 2 min
Wed	26.05.21	Broadhill – Transition side up and round 6 x 5 min
Mon	31.05.21	6 x 200m, 4 x 300m , 6 x 200m , 2min, 3 min, 2 min
Wed	02.06.21	Broadhill – Stadium to Transition side and back - 6 x 5 min
Mon	07.06.21	500 / 300 x 5 x 3 min
Wed	09.06.21	Seaton top of hill (past gate) x 8 continuous
Mon	14.06.21	200/400 x 6 2min / 3 min
Wed	16.06.21	Seaton 3 x 1 mile loop x 10 min
Mon	21.06.21	14 x 200m x 2 min
Wed	23.06.21	Cathedral Hill – 12 x 2 ½ min
Mon	28.06.21	5 x 250m/150m standing recovery x 2min
Wed	30.06.21	Seaton Park Up and overs – cont 30 min