

DAY	DATE	Schedule 100
Mon	05.07.21	10 x 300m x 2 ½ min Standing recovery
Wed	07.07.21	Seaton 800m x 6 x 5min
Mon	12.07.21	2 on/2 off/3/2/4/2/4/2/3/2/2
Wed	14.07.21	Broadhill – Transition side up and round 6 x 5 min
Mon	19.07.21	16 x 200m x 2min
Wed	21.07.21	Kings 3 on/2 off/4/2/5/2/4/2/3
Mon	26.07.21	6 x 200 / 400 m 2min / 3min
Wed	28.07.21	Patio loops 5 x 6 min
Mon	02.08.21	1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Wed	04.08.21	Seaton – Don St to tennis court and jog back x 6 x5min
Mon	09.08.21	6 x 250m/150m standing recovery x 2min
Wed	11.08.21	Broadhill – Stadium side trig point 10 x 3 min
Mon	16.08.21	300m / 500m x 5 x 3 min
Wed	18.08.21	Seaton Cathedral hills – 12 x 2 ½ min
Mon	23.08.21	4 x 800 m w 400m jog recovery
Wed	25.08.21	Broadhill Stadium to Transition side and back - 6 x 5 min
Mon	30.08.21	6 x 200m, 4 x 400m, 6 x 200m, 2 min /3 min