

DAY	DATE	Schedule 101
Wed	01.09.21	Seaton top of hill x 10 continuous
Mon	06.09.21	1 on/1 off/2/1/3/1/2/1/1 5min rest and repeat
Wed	08.09.21	Patio loops 5 x 6 min
Mon	13.09.21	500m / 300m x 5 x 3 min
Wed	15.09.21	Cathedral hills 12 x 2 1/2 min
Mon	20.09.21	10 x 300m x 3 min
Wed	22.09.21	Seaton 4 x 1km x 7min
Mon	27.09.21	2 on/2 off/4/2/6/2/4/2/2
Wed	29.09.21	Kings 3 on /2 off/4/2/5/2/4/2/3
Mon	04.10.21	300 / 400 x 5 x 3 min
Wed	06.10.21	Kings 600 / 900m / 1200m /900 /600 5 min /7 min /8 min
Mon	11.10.21	4 x 800 m with 400m jog recovery
Wed	13.10.21	Kings 1 on/1 off/3/1/5/2/3/1/1 5min rest and repeat
Mon	18.10.21	4 x 300m, 3 x 400m, 4 x 300m x 3min
Wed	20.10.21	Kings 2 on/2 off/3/2/4/2/4/2/3/2/2
Mon	25.10.21	400m,600m,400m,800m,400m,600m,400 4 /5 min for 800
Wed	27.10.21	Kings 600/900/1200/900/600 5min/7min/8min