

<b>DAY</b>	<b>DATE</b>	<b>Schedule 102</b>
Mon	01.11.21	400m x 10 x 3min
Wed	03.11.21	Kings 2on/2off/3/2off/4/2 off/5/2off/4/2off/3/2off/2
Mon	08.11.21	600 x 6 x 5 min
Wed	10.11.21	Kings 900 x 5 x 6min
Mon	15.11.21	1000m x 4 x 7 1/2 min
Wed	17.11.21	Kings 2 on /2 off /3/2off/2/2off/4/2off/2/2off/3/2off/2
Mon	22.11.21	400m, 600m, 800m, 800m, 600m, 400m 3min/4min/5min
Wed	24.11.21	Kings 600/900/600/900/600 5 min/6 min
Mon	29.11.21	2 x 600, 2 x 800, 2 x 600 4 min/5 min
Wed	01.12.21	Kings 1200m x 3 x 8 min
Mon	06.12.21	300m / 500m x 5 x 3 min
Wed	08.12.21	Kings 12 x 300m x 3 min
Mon	13.12.21	400m,600m,400m,800m,400m,600m,400 - 3/4/5 min
Wed	15.12.21	Kings teams of 3 x 1500m x 9min
Mon	20.12.21	3x 400, 4 x 300, 3x 400, 200 – 3min
Wed	22.12.21	Kings 5 x 900's x 6 min
Mon	27.12.21	8 x 300m x 3 min
Wed	29.12.21	Kings 6 x 600's x 5min