

DAY	DATE	Schedule 103
Mon	03.01.22	300m / 400m x 5 x 3 min
Wed	05.01.22	Kings 3 on / 2 off x 6
Mon	10.01.22	10 x 300 x 100m jog/walk recovery
Wed	12.01.22	Kings 4 min on 2 min off x 5
Mon	17.01.22	4x300, 3x400, 4x300 3min
Wed	19.01.22	Kings 2 on/2 off /3 on/2off/4 on/2 off/3 on/2off/2 on
Mon	24.01.22	3x400, 2x600, 3x400 3min / 5 min
Wed	26.01.22	Kings 6 x 600 x 5 min
Mon	31.01.22	2 on/1 off/3 on /1 off/4 on/2 off/ 3 on/1 off/2on
Wed	02.02.22	Kings 5 min on / 3 off x 4
Mon	07.02.22	4 x 1000 x 6 min
Wed	09.02.22	Kings 900 x 5 x 6 min
Mon	14.02.22	300 sprint 100m jog recovery – 10 reps
Wed	16.02.22	Kings 2 On /1 Off x 10
Mon	21.02.22	6 x 600 5 min
Wed	23.02.22	Kings 3 on/2 off/4/2/5/2/4/2/3
Mon	28.02.22	500/300/400 x 3 x 3 min