

DAY	DATE	Schedule 104
Wed	02.03.22	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	07.03.22	300m / 500m x 5 x 3 min
Wed	09.03.22	Kings 900 x 5 x 5 ½ min
Mon	14.03.22	400m x 10 x 3 min
Wed	16.03.22	Kings 2 On /1 Off x 10
Mon	21.03.22	300m x 10 reps x 3 min
Wed	23.03.22	Kings 600, 900, 1200, 900, 600 4, 5, 7 min
Mon	28.03.22	2 x 400m, 600m, 800m, 600m, 2x 400m 3/4/5 min
Wed	30.03.22	Kings 1on /1 off /2 On / 1 Off x 7
Mon	04.04.22	300, 400 x 5 x 3 min
Wed	06.04.22	Seaton – Cathedral hills 12 x 2 ½ min
Mon	11.04.22	12 x 200m x 2min,
Wed	11.04.22	Broad hill – up and over 6 x 5 min
Mon	18.04.22	5 x 250m/150m standing recovery x 2min
Wed	20.04.22	Kings 1 on, 1 off, 2 ,1 3,1,4,1,3,1,2,1,1
Mon	25.04.22	200, 400, 600, 800, 600, 400, 200 2min, 3,4, 5
Wed	27.04.22	Seaton Cathedral Hills 12 x 2 ½ min