

DAY	DATE	Schedule 105
Mon	02.05.22	250/150 x 6 x 2 min
Wed	04.05.22	Broadhill –Stadium side – Trig point 8 x 3 min
Mon	09.05.22	400m x 10 reps x 3 min
Wed	11.05.22	Seaton top of hill (past gate) x 8 continuous
Mon	16.05.22	5 x 100m, 5 x 200m x 2 repetitions Walk back recovery
Wed	18.05.22	Broadhill –Stadium side – Trig point 10 x 3 min
Mon	23.05.22	14 x 200m x 2 min
Wed	25.05.22	Seaton Up and overs (30 min) continuous
Mon	30.05.22	6 x 200m, 4 x 300m , 6 x 200m , 2min, 3 min, 2 min
Wed	01.06.22	Broadhill – Stadium to Transition side and back - 6 x 5 min
Mon	06.06.22	500 / 300 x 5 x 3 min
Wed	08.06.22	Seaton 800m x 6 x 5 min
Mon	13.06.22	200/400 x 6 2min / 3 min
Wed	15.06.22	Broadhill – Transition side up and round 6 x 5 min
Mon	20.06.22	16 x 200m x 2 min
Wed	22.06.22	Cathedral Hill – 12 x 2 ½ min
Mon	27.06.22	5 x 250m/150m standing recovery x 2min
Wed	29.06.22	Seaton 3 x 1 mile loop x 10 min