

DAY	DATE	Schedule 106
Mon	04.07.22	10 x 300m x 2 ½ min Standing recovery
Wed	06.07.22	Kings 2 On /1 Off x 10
Mon	11.07.22	2 on/2 off/3/2/4/2/4/2/3/2/2
Wed	13.07.22	Broadhill – Transition side up and round 6 x 5 min
Mon	18.07.22	16 x 200m x 2min
Wed	20.07.22	Kings 3 on/2 off/4/2/5/2/4/2/3
Mon	25.07.22	6 x 200 / 400 m 2min / 3min
Wed	27.07.22	Patio loops 5 x 6 min
Mon	01.08.22	1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Wed	03.08.22	Seaton – 800m x 6 x 5min
Mon	08.08.22	6 x 250m x 5 min
Wed	10.08.22	Kings 600, 900, 1200, 900, 600 4, 5, 7 min
Mon	14.08.22	300m / 500m x 5 x 3 min
Wed	17.08.22	Seaton Cathedral hill – 12 x 2 ½ min
Mon	22.08.22	4 x 800 m w 400m jog recovery
Wed	24.08.22	Kings 2 on/2 off /3 on/2off/4 on/2 off/3 on/2off/2 on
Mon	29.08.22	5 x 400m x 6 min
Wed	31.08.22	Seaton Cathedral hill x 10 continuous