

DAY	DATE	Schedule 110
Wed	01.03.23	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	05.03.23	300m / 500m x 5 x 3 min
Wed	08.03.23	Kings 900 x 5 x 6 min
Mon	10.03.23	400m x 10 x 3 min
Wed	15.03.23	Kings 2 On /1 Off x 10
Mon	20.03.23	300m x 10 reps x 3 min
Wed	22.03.23	Kings 600, 900, 1200, 900, 600 4, 5, 7 min
Mon	27.03.23	2 x 400m, 600m, 800m, 600m,2x 400m 3/4/5 min
Wed	29.03.23	Kings 1on /1 off /2 On / 1 Off x 7
Mon	03.04.23	300, 400 x 5 x 3 min
Wed	05.04.23	Seaton – Cathedral hills 12 x 2 ½ min
Mon	10.04.23	12 x 200m x 2min,
Wed	12.04.23	Broad hill – up and over 6 x 5 min
Mon	17.04.23	5 x 250m/150m standing recovery x 2min
Wed	19.04.23	Kings 1 on, 1 off, 2 ,1 3,1,4,1,3,1,2,1,1
Mon	24.04.23	200, 400, 600, 800, 600, 400, 200, 2min, 3,4, 5
Wed	26.04.23	Seaton Up and over – continuous 30 mins