

DAY	DATE	Schedule 111
Mon	01.05.23	250/150 x 6 x 2 min
Wed	03.05.23	Broadhill – Transition side up and round 6 x 5 min
Mon	08.05.23	400m x 10 reps x 3 min
Wed	10.05.23	Seaton 800 m x 6 x 5 min
Mon	15.05.23	5 x 100m, 5 x 200m x 2 repetitions Walk back recovery
Wed	17.05.23	Kings 300 m x 10 x 3 min
Mon	22.05.23	14 x 200m x 2 min
Wed	24.05.23	Kings 400 m x 10 x 3 min
Mon	29.05.23	6 x 200m, 4 x 300m , 6 x 200m , 2min, 3 min, 2 min
Wed	31.05.23	Seaton 1k x 4 x 7 min
Mon	05.06.23	500 / 300 x 5 x 3 min
Wed	07.06.23	Cathedral Hill – 12 x 2 ½ min
Mon	12.06.23	200/400 x 6 2min / 3 min
Wed	14.06.23	Kings - Teams of 3 - sprint relays
Mon	19.06.23	16 x 200m x 2 min
Wed	21.06.23	Kings 600m x 6 x 5 min
Mon	26.06.23	5 x 250m/150m standing recovery x 2min
Wed	28.06.23	Seaton 3 x 1 mile loop x 10 min