

DAY	DATE	Schedule 112
Mon	03.07.23	10 x 300m x 2 ½ min Standing recovery
Wed	05.07.23	Kings 2 On /1 Off x 10
Mon	10.07.23	2 on/2 off/3/2/4/2/4/2/3/2/2
Wed	12.07.23	Broadhill – Transition side up and round 6 x 5 min
Mon	17.07.23	16 x 200m x 2min
Wed	19.07.23	Kings 3 on/2 off/4/2/5/2/4/2/3
Mon	24.07.23	6 x 200 / 400 m 2min / 3min
Wed	26.07.23	Patio loops 5 x 6 min
Mon	31.07.23	1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Wed	02.08.23	Seaton – 800m x 6 x 5min
Mon	07.08.23	6 x 250m x 5 min
Wed	09.08.23	Kings 600, 900, 1200, 900, 600 4, 5, 7 min
Mon	14.08.23	300m / 500m x 5 x 3 min
Wed	16.08.23	Seaton Cathedral hill – 12 x 2 ½ min
Mon	21.08.23	4 x 800 m w 400m jog recovery
Wed	23.08.23	Kings 2 on/2 off /3 on/2off/4 on/2 off/3 on/2off/2 on
Mon	28.08.23	5 x 400m x 6 min
Wed	30.08.23	Seaton Cathedral hill x 10 continuous