
DAY	DATE	Schedule 113
Mon	04.09.23	1 on/1 off/2/1/3/1/2/1/1 - 5min rest and repeat
Wed	06.09.23	Patio loops 5 x 6 min
Mon	11.09.23	500m / 300m x 5 x 3 min
Wed	13.09.23	Cathedral hills 12 x 2 1/2 min
Mon	18.09.23	12 x 300m x 3 min
Wed	20.09.23	Seaton 4 x 1km x 7min
Mon	25.09.23	2 on/2 off/4/2/6/2/4/2/2
Wed	27.09.23	Kings 3 on /2 off/4/2/5/2/4/2/3
Mon	02.10.23	300 / 400 x 6 x 3 min
Wed	04.10.23	Kings 600 / 900m / 1200m /900 /600 4 min/5 min/7 min

FRI 06.10.23 PROMS Series Race 1

Mon 09.10.23 6 x 800 m x 6 min

Wed 11.10.23 Kings 1 on/1 off/3/1/5/2/3/1/1 5min rest and repeat

Mon 16.10.23 4 x 300m, 4 x 400m, 4 x 300m x 3min

Wed 18.10.23 Kings 2 on/2 off/3/2/4/2/4/2/3/2/2

Mon 23.10.23 400m,600m,400m,800m,400m,600m,400 4 /5 min for 800

Wed 25.10.23 Kings 600/900/1200/900/600 - 5min/6min/8min

Mon 30.10.23 400m x 10 x 3min
