

DAY	DATE	Schedule 115
Mon	01.01.24	ASV closed
Wed	03.01.24	Kings 3 on / 2 off x 6
Mon	08.01.24	10 x 300 x 3 min standing recovery
Wed	10.01.24	Kings 4 min on 2 min off x 5
Mon	15.01.24	4 x 300, 4 x 400, 4 x 300 3min
Wed	17.01.24	K's 2 on/2 off /2/2/3 on/2off/4 on/2 off/3 on/2off/2 on/2/2
Mon	22.01.24	4 x 400, 2 x 600, 4 x 400 3min / 5 min
Wed	24.01.24	Kings 7 x 600 x 5 min
Mon	29.01.24	2 on/1 off/3 on /1 off/4 on/2 off/ 3 on/1 off/2on
Wed	31.01.24	Kings 5 min on / 3 off x 4
Mon	05.02.24	4 x 1000 x 6 min
Wed	07.02.24	Kings 900 x 5 x 6 min

Mon	12.02.24	300 sprint 100m jog recovery – 10 reps
Wed	14.02.24	Kings 2 On /1 Off x 10
Mon	19.02.24	7 x 600 - 5 min
Wed	21.02.24	Kings 3 on/2 off/4/2/5/2/4/2/3/3
Mon	26.02.24	500/300/400 x 3 x 3 min
Wed	28.02.24	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between