

DAY	DATE	Schedule 116
Mon	04.03.24	300m / 500m x6x 3 min
Wed	07.03.24	Kings 900 x 5 x 6 min
Mon	11.03.24	400m x 10 x 3 min
Wed	13.03.24	Kings 2 On /1 Offx 10
Mon	18.03.24	300m x 12 reps x 3 min
Wed	20.03.24	Kings 600, 900, 1200, 900, 600 4, 5, 7 min
Mon	25.03.24	2 x 400m, 600m, 800m, 600m,2x 400m3/4/5 min
Wed	27.03.24	Kings 1on /1 off /2 On / 1 Off x 7
Mon	01.04.24	300, 400 x 5 x 3 min
Wed	03.04.24	Seaton – Cathedral hills 12 x 2 ½ min
Mon	08.04.24	14 x 200m x 2min,

Wed	10.04.24	Broad hill – up and over 6 x 5 min
Mon	15.04.24	5 x 250m/150m standing recovery x 2min
Wed	17.04.24	Kings 1 on, 1 off, 2 ,1 3,1,4,1,4,1,3,1,2,1,1
Mon	22.04.24	200, 400, 600, 800, 600, 400, 200, 2min, 3,4, 5
Wed	24.04.24	Seaton Up and over – continuous 30 mins
Mon	29.04.24	250/150 x 6 x 2 min