

<b>DAY</b>	<b>DATE</b>	<b>Schedule 117</b>
Wed	01.05.24	Broadhill – Transition side up and round 6 x 5 min
Mon	06.05.24	400m x 10 reps x 3 min
Wed	08.05.24	Seaton 800 m x 6 x 5 min
Mon	13.05.24	5 x 100m, 6 x 200m, 5 x 100m, Walk back recovery
Wed	15.05.24	Kings 300 m x 12 x 3 min
Mon	20.05.24	14 x 200m x 2 min
Wed	22.05.24	Kings 600 m x 7 x 5 min
Mon	27.05.24	6 x 200m, 4 x 300m , 6 x 200m , 2min, 3 min, 2 min
Wed	29.05.24	Seaton 1k x 4 x 7 min
Mon	03.06.24	500 / 300 x 6 x 3 min
Wed	05.06.24	Cathedral Hill – 12 x 2 ½ min

Mon	10.06.24	200/400 x 6 2min / 3 min
Wed	12.06.24	Patio Loops 5 x 6 min
Mon	17.06.24	16 x 200m x 2 min
Wed	19.06.24	Kings 600m x 8 x 5 min
Mon	24.06.24	5 x 250m/150m standing recovery x 2min
Wed	26.06.24	Seaton 3 x 1 mile loop x 10 min