

DAY	DATE	Schedule 80
Mon	05.03.18	500/300/400 x 3 x 3 min
Wed	07.03.18	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	12.03.18	300m / 500m x 5 x 3 min
Wed	14.03.18	Patio loop x 5 x 6 1/2min (alt Blocks)
Mon	19.03.18	400m x 10 x 3 min
Wed	21.03.18	Medium block 5 x 800m x 6min
Mon	26.03.18	300m sprint / 100m jog recovery – 10 reps
Wed	28.03.18	Seaton Cathedral hills – 12 x 2 ½ min
Mon	02.04.18	2 x400m, 600m, 800m, 600m,2x400m 3/5/7 min
Wed	04.04.18	Kings 1on /1 off /2 0n / 1 Off x 6
Mon	09.04.18	Grass relays – teams of 3 x 20 reps
Wed	11.04.18	Seaton –Up and over – 30 min
Mon	16.04.18	12 x 200m x 2min,
Wed	18.04.18	Broad hills – up and over 6 x 5 min
Mon	23.04.18	5 x 250m/150m standing recovery x 2min
Wed	25.04.18	Small block (600m) x 5 continuous
Mon	30.04.18	Teams of 3 – 200m Parlouf's 20 min

DAY	DATE	Schedule 80
Mon	05.03.18	500/300/400 x 3 x 3 min
Wed	07.03.18	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	12.03.18	300m / 500m x 5 x 3 min
Wed	14.03.18	Patio loop x 5 x 6 1/2min (alt Blocks)
Mon	19.03.18	400m x 10 x 3 min
Wed	21.03.18	Medium block 5 x 800m x 6min
Mon	26.03.18	300m sprint / 100m jog recovery – 10 reps
Wed	28.03.18	Seaton Cathedral hills – 12 x 2 ½ min
Mon	02.04.18	2 x400m, 600m, 800m, 600m,2x400m 3/5/7 min
Wed	04.04.18	Kings 1on /1 off /2 0n / 1 Off x 6

Mon	09.04.18	Grass relays – teams of 3 x 20 reps
Wed	11.04.18	Seaton –Up and over – 30 min
Mon	16.04.18	12 x 200m x 2min,
Wed	18.04.18	Broad hills – up and over 6 x 5 min
Mon	23.04.18	5 x 250m/150m standing recovery x 2min
Wed	25.04.18	Small block (600m) x 5 continuous
Mon	30.04.18	Teams of 3 – 200m Parlouf’s 20 min