

DAY	DATE	Schedule 82
Mon	02.07.18	5 x 250m/150m standing recovery x 2min
Wed	04.07.18	Seaton Park Up and overs – cont 30 min
Mon	09.07.18	10 x 300m x 2 ½ min Standing recovery
Wed	11.07.18	Seaton Cathedral hills – 12 x 2 ½ min
Mon	16.07.18	2 on/2 off/3/2/4/2/4/2/3/2/2
Wed	18.07.18	Broadhill – Transition side up andround 6 x 5 min
Sat	21.07.18	Hazlehead Park run (or longer) followed by Tea in the PARK
Mon	23.07.18	14 x 200m x 2min
Wed	25.07.18	Kings 3 on/2 off/4/2/5/2/4/2/3
Mon	30.07.18	6 x 200 / 400 m 2min / 3min
Wed	01.08.18	Patio loops 5 x 6 min
Mon	06.08.18	1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Wed	08.08.18	Seaton – Don Street cont – top hill and jog back x 6 x5min
Mon	13.08.18	5 x 250m/150m standing recovery x 2min
Wed	15.08.18	Broadhill – Stadium side trig point 10 x 3 min
Mon	20.08.18	300m / 500m x 5 x 3 min
Wed	22.08.18	Seaton Cathedral hills – 12 x 2 ½ min
Mon	27.08.18	4 x 800 m w 400m jog recovery
Wed	29.08.18	Broadhill Stadium to Transition side and back - 6 x 5 min

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