DAY	DATE	Schedule 83
Mon	03.09.18	6 x 200m, 4 x 400m, 6 x 200m, 2 min /3 min
Wed	05.09.18	Broadhill – transition side - up and round x 6 x 5min
Mon	10.09.18	1 on/1 off/2/1/3/1/2/1/1 5min rest and repeat
Wed	12.09.18	Seaton park 3 x 1mile reps x 10 min
Mon	17.09.18	500m / 300m x 5 x 3 min
Wed	19.09.18	Kings 3 on /2 off/4/2/5/2/4/2/3
Mon	21.09.18	10 x 300m x 3 min
Wed	26.09.18	Cathedral hills 12 x 2 1/2 min
Mon	01.10.18	2 on/2 off/4/2/6/2/4/2/2
Wed	03.10.18	Patio loops 5 x 6 min
Mon	08.10.18	300 / 400 x 5 x 3 min
Wed	10.10.18	Kings 600 / 900m / 1200m /900 /600 5 min /7 min /8 min
Mon	15.10.18	4 x 800 m with 400m jog recovery
Wed	17.10.18	Kings 1 on/1 off/3/1/5/2/3/1/1 5min rest and repeat
Mon	22.10.18	4 x 300m, 3 x 400m, 4 x 300m x 3min
Wed	24.10.18	Kings 2 on/2 off/3/2/4/2/4/2/3/2/2
Mon	29.10.18	400m,600m,400m,800m,400m,600m,400 4 /5 min for 800
Wed	31.10.18	Kings 600/900/1200/900/600 5min/7min/8min

DAY	DATE	Schedule 83