

DAY	DATE	Schedule 84
Mon	05.11.18	400m x 10 x 3min
Wed	07.11.18	Kings 3on/2off/4/2off/5/2off/4/2off/3
Mon	12.11.18	800 x 4 with 400m jog recovery
Wed	14.11.18	Kings 600/300 jog recovery x 5
Mon	19.11.18	1000m x 4 x 7 1/2 min
Wed	21.11.18	Kings 2 on /2 off /3/2off/2/2off/4/2off/2/2off/3/2off/2
Mon	26.11.18	400m, 600m, 800m, 800m, 600m, 400m 3min/5min/6min
Wed	28.11.18	Kings 600/900/600/900/600 5 min/6 min
Mon	03.12.18	2 x 600, 2 x 800, 2 x 600 5 min/6 min
Wed	05.12.18	Kings 1200m x 3 x 8 min
Mon	10.12.18	300m / 500m x 5 x 3 min
Wed	12.12.18	Kings 3 x 1500m x 9 min
Mon	17.12.18	400m,600m,400m,800m,400m,600m,400 3 /5/6 min
Wed	19.12.18	Kings teams of 3 x 300m parlofs
Mon	24.12.18	Track closed?
Wed	26.12.18	Track closed?+
Mon	31.12.18	Track closed?

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Mon	24.12.18	Track closed?
Wed	26.12.18	Track closed?
Mon	31.12.18	Track closed?