

DAY	DATE	Schedule 85
Wed	02.01.19	Track closed
Mon	07.01.19	300m / 400m x 5 x 3 min
Wed	09.01.19	Kings 3 on /2 off x 6
Mon	14.01.19	10 x 300 x 100m jog/walk recovery
Wed	16.01.19	Kings 4 min on 2 min off x 4
Mon	21.01.19	4x300, 3x400, 4x300 3min
Wed	23.01.19	Kings 2 on/2 off /3 on/2off/4 on/2 off/3 on/2off/2 on
Mon	28.01.19	3x400, 2x600, 3x400 3min / 5 min
Wed	30.01.19	Small block 5 x 600 cont (weather permitting or kings)
Mon	04.02.19	2 on/1 off/3 on /1 off/4 on/2 off/ 3 on/1 off/2on
Wed	06.02.19	Kings 5 min on / 3 off x 3
Mon	11.02.19	4 x 1000 x 7 min
Wed	13.02.19	Patio 900 x 5 x 6 min (alt Kings)
Mon	18.02.19	300 sprint 100m jog recovery - 10 reps
Wed	20.02.19	Kings 2 On /1 Off x 8
Mon	25.02.19	6 x 600 5 min
Wed	27.02.19	Kings 3 on/2 off/4/2/5/2/4/2/3

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