

<b>DAY</b>	<b>DATE</b>	<b>Schedule 86</b>
Mon	04.03.19	500/300/400 x 3 x 3 min
Wed	06.03.19	Kings 1 on/1 off/2/1/3/1/2/1/1 x 2 5 min recovery between
Mon	11.03.19	300m / 500m x 5 x 3 min
Wed	13.03.19	Patio loop x 5 x 6min (alt Blocks)
Mon	18.03.19	400m x 10 x 3 min
Wed	20.03.19	Medium block 5 x 800m x 5 1/2min
Mon	25.03.19	300m sprint / 100m jog recovery – 10 reps
Wed	27.03.19	Seaton Cathedral hills – 12 x 2 ½ min
Mon	01.04.19	2 x400m, 600m, 800m, 600m,2x400m 3/4/6 min
Wed	03.04.19	Kings 1on /1 off /2 On / 1 Off x 6
Mon	08.04.19	Grass relays – teams of 3 x 20 reps
Wed	10.04.19	Seaton -Up and over – 30 min
Mon	15.04.19	14 x 200m x 2min,
Wed	17.04.19	Broad hills – up and over 6 x 5 min
Mon	22.04.19	5 x 250m/150m standing recovery x 2min
Wed	24.04.19	Small block (600m) x 5 continuous
Mon	29.04.19	Teams of 3 – 200m Parlouf's 25 min