

01-Aug-22

Tues 02-Aug-22 6 x 500 recovery 2 mins
Wed 03-Aug-22 rest
Thurs 04-Aug-22 5/10 X jog 1st hundred, increase speed 2, 80 % 3rd, Fast 4th
Sat 06-Aug-22 20 - 40 Easy or Rest
Sun 07-Aug-22 South west League 3 Exeter

Tues 09-Aug-22 6/8 x 400 recovery jog 100
Wed 10-Aug-22 Rest
Thurs 11-Aug-22 10 X 1 min Fast 1 jog Recovery
Sat 13-Aug-22 Beach Training
Sun 14-Aug-22 20 - 40 easy

Tues 16-Aug-22 5x 400m with 100m jog recovery
Wed 17-Aug-22 Rest
Thurs 18-Aug-22 2sets of 400,300,200 1 min recovery 3 between sets
Sat 20-Aug-22 Beach Training
Sun 21-Aug-22 20 - 40 easy

Tues 23-Aug-22 Relays
Wed 24-Aug-22 Rest
Thurs 25-Aug-22 3 sets of 300,400,500 recovery 1 min 3 between sets
Sat 27-Aug-22 Par open 1 mile race
Sun 28-Aug-22 Rest

Tues 30-Aug-22 2 sets of 500,400,300,200 recovery 90 sec 3min between sets
Wed 31-Aug-22 20 - 40 Easy
Thurs 01-Sep-22 2x 500 2 x 400 2 x 300 all with 90 sec recovery
Sat 03-Sep-22 Rest
Sun 04-Sep-22 South west League 4 Exeter