

WARM UP: 800m jog min plus 10 mins stretching
 5 or 3min rest between sets of reps (stretch if needed)
 WARM DOWN: Jog and stretch

	Reps	Dist	Time	Rest
<i>Day 1</i>	5	x 200	0.35	1.45
	5	x 25	0.05	0.20
	5	x 100	0.15	0.50
<i>Day 2</i>	5	x 400	1.40	4.00
	10	x 50	0.08	0.25
	3	x 200	0.35	1.45
	20	x 25	0.05	0.20
<i>Day 3</i>	8	x 100	0.15	0.45
	12	x 25	0.05	0.20
	1	x 400	1.20	4.00
<i>Day 4</i>	2	x 400	2.00	4.00
	10	x 100	0.15	0.45
<i>Day 5</i>	4	x 200	0.35	1.45
	10	x 50	0.08	0.25
	1	x 400	1.20	3.00
	20	x 25	0.05	0.20
<i>Day 6</i>	1	x 800	3.00	3.00
	5	x 100	0.15	0.45
<i>Day 7</i>	5	x 200	0.35	1.45
	10	x 50	0.08	0.25
	5	x 100	0.15	0.45
	10	x 25	0.05	0.15
<i>Day 8</i>	1	x 400	1.20	3.00
	10	x (5x20)	0.23	1.15
	20	x 50	0.08	0.25
<i>Day 9</i>	5	x 200	0.35	1.45
	3	x 400	1.20	3.00
<i>Day 10</i>	1	x 400	1.20	1.20
	10	x (2x20)	0.10	0.30
	5	x 200	0.35	1.45
	30	x 10	0.03	0.10
	6	x (5x20)	0.23	1.00
<i>Day 11</i>	4	x 400	1.20	2.40
	10	x 50	0.08	0.25
	20	x 25	0.05	0.15
<i>Day 12</i>	1	x 800	2.50	2.50
	6	x 200	0.35	1.45