

Normal training week- Medium							
26 weeks to go	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM		2 x20Mins @ 5/5/5/5 mins 20/22/24/26	5x 2kms @ 1 st 20 2 nd 22 3 rd 24 4 th 26 5 th 24	60min U2 4/1 mins @ 20/26		2x 4kms @ 20-22 Staggered starts	
Coaches		AP, AF, EV, RP	AP, AF, EV, RP	AP, AF, EV, RP		AP, AF, EV, RP	
PM	Erg- Group 1 Run- Group 2	Erg- Group 2 Run- Group 3	Spin class @ City fitness	<u>U17/18</u> -Run <u>Novice/U16</u> Land Training Team meeting	U17/18- Cross fit Erg-Group 3 Run- Group 1		
Coaches	AP, AF	AP, AF		AP, AF	AP, AF		
Notes	Light blues girls back Wednesday Afternoon Exam end Tuesday						