

|                              |                                  |   |   |  |  |  |   |
|------------------------------|----------------------------------|---|---|--|--|--|---|
| Normal training week- Medium |                                  |   |   |  |  |  |   |
| 26 weeks to go               | Monday                           | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   | Sunday  |
| AM                           |                                  | 3x 15mins<br>5/5/5<br>@<br>20/22/24<br>22/24/26<br>24/26/28 | <u>Bungees-</u> Seniors<br><u>Novices</u> tech + U2<br><br>8x 3mins <u>With</u><br>3x3mins <u>Without</u> | Senior only<br><br>U2 steady state<br>4/1<br>Steady state/<br>tech drills        |  | <u>Seniors</u> 15KM<br>steady state<br>working on tech<br><br><u>Novices</u><br>8km Tech | Fundraiser<br>Meet @<br>9:30<br><br>Eastridge |
| Coaches                      |                                  | AP, AF, EV, RP  | AP, AF, EV, RP  | AP, AF, EV, RP   |  | AP, AF, EV, RP   |   |
| PM                           | Erg- Group 1<br><br>Run- Group 2 | Erg- Group 2<br><br>Run- Group 3                            | Spin class<br>@<br>City fitness   | <u>U17/18</u> -Run<br><br><u>Novice/U16</u><br>Land Training<br><br>Team meeting | U17/18- Erg<br><br>Erg-Group 3<br><br>Run- Group 1 |  |   |
| Coaches                      | AP, AF                           | AP, AF  |   | AP, AF   | AP, AF   |  |   |
| Notes                        | Erg:<br>5KM                      |   |   |  |  |  |   |