

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING (AM)	6:00am Run (Wanda Surf Club)		6:00am Run/Rehab/Strength (Wanda Surf Club)		6:00am Run (Wanda Surf Club)	
	7:15am Gym JAHQ - WHS				7:15am Gym JAHQ - WHS	7:00am Sand Hills (Greenhills, Cronulla)
			9:30am Distance Run (Advanced) (Wanda Surf Club)			
EVENING (PM)	5PM Speed Session (Wanda Surf Club)		4:00pm Gym JAHQ - WHS			
	5:45PM Distance Session (Wanda Surf Club) Followed by optional 30MIN GYM @ wanda (7-7:30pm)	5pm Distance Session (Wanda Surf Club)	4:45pm* Junior Dev Squad Sylvania Athletics Track (School Term Only)	4pm Distance/Technique (Glenn McGrath Oval)	5pm Speed/Technique Sylvania Athletics Track Juniors dev squad Sylvania Athletics Track	
	6:15pm Gym MIRANDA		5:30pm Distance & Speed Sylvania Athletics Track			
	7:15PM FLEXIBILITY (MIRANDA)		6:45pm Gym MIRANDA			
	Jock Athletic Run Sessions		*45min Session only			
	Jock Athletic Gym Sessions	<small>WHS = Woolooware High School, Miranda = Genisys Gym, Level 1 545-549 Kingsway, Miranda</small>				
	Jock Athletic Flexibility Sessions (30min)					

* Running technique and tactical coaching only provided during afternoon running sessions. Morning sessions are conditioning.