

	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)	4:45PM Speed Session 4:45PM Distance Session (Wanda Surf Club)	4:45PM X-COUNTRY Session (Wanda Surf Club)	4PM Junior Dev Squad (Tonkin Oval, Cronulla)	4:45PM Distance Run Recovery/Technique (Wanda Surf Club)	4:45PM Speed/Technique (Snr) 4:45PM Junior Dev Squad (Tonkin Oval, Cronulla)	
			4:45pm Distance 4:45pm Speed (Tonkin Oval Cronulla)			
	6:15pm Gym MIRANDA	6:15pm Gym JAHQ - WHS	5:45pm Flexibility (Tonkin Oval Cronulla)	6:15pm Gym JAHQ - WHS		
	7:15pm Flexibility MIRANDA					

Jock Athletic Run Sessions
Jock Athletic Gym Sessions
Jock Athletic Flexibility Sessions (30min)

Sessions 1hr duration

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