

	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 Junior Dev Squad (Tonkin Oval Cronulla)			
	4:45PM Speed Session 4:45PM Distance Session (Wanda Surf Club)	4:45pm XC Distance Session (Wanda Surf Club)	4:45pm Distance & Speed (Tonkin Oval Cronulla)	4:45pm XC Distance Run Recovery/Technique (Wanda Surf Club)	4:45pm Speed/Technique (Tonkin Oval, Cronulla) Juniors dev squad (Tonkin Oval, Cronulla)	
	6:15pm Gym MIRANDA			6:15pm Gym MIRANDA		
	7:15pm Flexibility MIRANDA		5:45pm Flexibility (Tonkin Oval Cronulla)	7:15pm Flexibility MIRANDA		
Jock Athletic Run Sessions		Sessions 1hr duration				
Jock Athletic Gym Sessions						
Jock Athletic Flexibility Sessions (30min)						

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