

	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)	Wanda Nippers Only - Beach Session		4:00pm Gym JAHQ - WHS			
	4:45PM Speed Session 4:45PM Distance Session (Wanda Surf Club)	4:45pm XC Distance Session (Wanda Surf Club)	4:45pm* Junior Dev Squad Sylvania Athletics Track (School Term Only)	4:45pm XC Distance Run Recovery/Technique (Wanda Surf Club)	4:45pm Speed/Technique Sylvania Athletics Track Juniors dev squad Sylvania Athletics Track	
	6:15pm Gym MIRANDA	6:15pm Gym MIRANDA	5:30pm Distance & Speed Sylvania Athletics Track	6:15pm Gym MIRANDA		
	7:15pm Flexibility MIRANDA		6:30pm Flexibility Sylvania Athletics Track			
Jock Athletic Run Sessions		<small>WHS = Woolooware High School, Miranda = Geniysys Gym, Level 1 545-549 Kingsway, Miranda</small> *45min Session only				
Jock Athletic Gym Sessions						
Jock Athletic Flexibility Sessions (30min)						

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