

	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 Woolooware HS				7:15am Gym Woolooware HS	7:00am Sand Hills (Greenhills, Cronulla)
EVENING (PM)	5PM Speed Session (Wanda Surf Club)					
	5:45PM Distance Session (Wanda Surf Club)				5pm Speed/Technique Sylvania Athletics Track	
	6:30pm 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						
Jock Athletic Flexibility Sessions (30min)						

WHS = Woolooware High School,
Miranda = Genisys Gym, Level 1 545-549 Kingsway,
Miranda

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