

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING (AM)</b>	<b>6:00am Run</b> (Wanda Surf Club)	<b>6:00am Gym</b> MIRANDA	<b>6:00am Run/Rehab/Strength</b> (Wanda Surf Club)	<b>6:00am Gym</b> MIRANDA	<b>6:00am Run</b> (Wanda Surf Club)	
						<b>7:00am Sand Hills</b> (Greenhills, Cronulla)
<b>EVENING (PM)</b>	<b>5:00pm Speed &amp; Distance Session</b> (Wanda Surf Club)	<b>5:00pm Distance Session</b> (Wanda Surf Club)	<b>4:45pm JUNIORS* 6-8yrs</b> Sylvania Athletics Track		<b>5:00pm Speed/Technique + Juniors *</b> Sylvania Athletics Track	
		<b>6:00pm - 6:30pm</b> OUTDOOR STRENGTH WANDA	<b>5:30pm Distance &amp; Speed</b> Sylvania Athletics Track			
	<b>6:30pm Gym</b> MIRANDA					
			<b>6:45pm Gym</b> MIRANDA			
	Jock Athletic Run Sessions	<b>*45min Session only</b>				
	Jock Athletic Gym Sessions	<small>WHS = Woolooware High School, Miranda = Genisys Gym, Level 1 545-549 Kingsway, Miranda</small>				

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