

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING (AM)	6:00am Run WANDA SURF CLUB	6:00am Gym GENISYS GYM, MIRANDA	6:00am Run WANDA SURF CLUB	6:00am Gym GENISYS GYM, MIRANDA	6:00am Run WANDA SURF CLUB		
						7:00 am SANDHILLS END OF WANDA CAR PARK	
		9:30am Mutha Runner DON LUCAS		9:30am Strong Mutha DON LUCAS	9:30am Mutha Runner DON LUCAS		
			4-4:45pm Juniors DON LUCAS		4-4:45pm Juniors SYLVANIA ATHLETICS TRACK		
AFTERNOON (PM)	4:00pm Intervals - SAND WANDA SURF CLUB						
	4:45pm Intervals - Grass WANDA SURF CLUB	4:45pm Long Run WANDA SURF CLUB			5:00pm Tempo Session SYLVANIA ATHLETICS TRACK		
			5:30pm Distance Session SYLVANIA ATHLETICS TRACK		5:00pm Speed Endurance SYLVANIA ATHLETICS TRACK		
			5:30pm Speed Session SYLVANIA ATHLETICS TRACK				
	6:00pm Gym GENISYS GYM, MIRANDA		6:30pm Gym GENISYS GYM, MIRANDA				
	6:20pm Gym GENISYS GYM, MIRANDA		6:50pm Gym GENISYS GYM, MIRANDA				

All sessions 1 hour in duration unless specified

Gym Sessions: Genesis Gym Miranda - 1-3/545-549, Kingsway, Miranda NSW 2228

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