

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING (AM)	6:00am Run WANDA, CRONULLA	6:00am Gym MIRANDA	6:00am Run/Strength WANDA, CRONULLA	6:00am Gym MIRANDA	6:00am Run WANDA, CRONULLA	
						7:00am Sand Hills (Greenhills, Cronulla)
EVENING (PM)	4:45pm Distance Session WANDA, CRONULLA		4:45pm Juniors * Sylvania Athletics Track		4:45pm Speed/Technique Sylvania Athletics Track	
		5:00pm X-Country Distance Run WANDA, CRONULLA				
			5:30pm Distance & Speed Sylvania Athletics Track			
	6:15pm Gym MIRANDA (for the ones coming from Wanda)		6:15pm Gym MIRANDA			
	6:30pm Gym MIRANDA					
			6:45pm Gym MIRANDA (for the ones coming from Track)			

Jock Athletic Run Sessions

All Sessions are 1hr duration, unless specified.

***45min Session only**

Jock Athletic Gym Sessions

WANDA, CRONULLA = Wanda Surf Club, 2 Marine Parade
Miranda = Genisys Gym, Level 1 545-549 Kingway,
Miranda

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