

March 2010 - 8 week block

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	WEEK 7	WEEK 8
<p>16 March Tuesday</p> <p>Time Trial</p>	<p>23 March Tuesday</p> <p>Hill reps short</p>	<p>30 March Tuesday</p> <p>2 x 600m 30s recovery on track</p>	<p>06 April Tuesday</p> <p>out and backs 4 min efforts, 2 out 2 back</p>	<p>13 April Tuesday</p> <p>Hill reps long</p>	<p>20 April Tuesday</p> <p>6 x 800m 30s recovery on track</p>	<p>27 April Tuesday</p> <p>out and backs, 5 min efforts 2 half out and 2 half back</p>	<p>04 May Tuesday</p> <p>Hill reps short</p>
<p>18 March Thursday</p> <p>5 x 5min efforts on park 2min recovery</p>	<p>25 March Thursday</p> <p>3x3 min 3x4 min 2x2 min up and down</p>	<p>01 April Thursday</p> <p>Fartlek on park</p>	<p>08 April Thursday</p> <p>4 x 6 mins efforts on park 2 min recovery</p>	<p>15 April Thursday</p> <p>5 x 5 min efforts on park 2 min recovery</p>	<p>22 April Thursday</p> <p>1 x 5 min 2 x 4 min 2 x 3 min 2 x 2min 3 x 1 min 2 mins recovery</p>	<p>29 April Thursday</p> <p>Fartlek and Park</p>	<p>06 May Thursday</p> <p>4 x 6 min on park 2 mins recovery</p>

TRAINING WILL START AT 6.45PM

(Time Trials will start at 7.00PM)