

#	Date	Name	Session	Recovery
1	02-Jan	Double up	600-1200-600-1200...	200m walk
2	09-Jan	800s	800-800-800...	200m walk
3	16-Jan	Horror 400s	4 x 400	Rep-30/20/10 Secs, Set-400m
4	23-Jan	Going up	400-500-600-etc until 7:30	100m walk
5	30-Jan	1200s	1200-1200-1200...	200m walk
6	06-Feb	Coming down	1100-1000-900-etc until 7:30	100m walk
7	13-Feb	Shorter faster	800-600-400-200-800-600...	100m walk
8	20-Feb	Miles & miles	1600-1600-1600...	400m walk
9	27-Feb	500s	500-500-500...	100m walk
10	06-Mar	Long & short	800-200-800-200...	100m walk
11	13-Mar	Kilos...	1000-1000-1000...	200m walk