

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING (AM)	6:00am Run (Wanda Surf Club)	6:00am Gym MIRANDA	6:00am Run/Rehab/Strength (Wanda Surf Club)	6:00am Gym MIRANDA	6:00am Run (Wanda Surf Club)	
						7:00am Sand Hills (Greenhills, Cronulla)
EVENING (PM)	4:45pm Speed & Distance Session (Wanda Surf Club)	4:45pm Distance Session (Wanda Surf Club)	4:45pm JUNIORS* 6-8yrs Sylvania Athletics Track		4:45pm Speed/Technique + Juniors * Sylvania Athletics Track	
		5:45pm - 6:15pm OUTDOOR STRENGTH WANDA	5:30pm Distance & Speed Sylvania Athletics Track			
	6:30pm Gym MIRANDA					
			6:45pm Gym MIRANDA			

Jock Athletic Run Sessions

**\*45min Session only**

Jock Athletic Gym Sessions

WHS = Woolooware High School,  
Miranda = Genisys Gym, Level 1 545-549 Kingsway,  
Miranda

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