

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING (AM)</b>	<b>6:00am Run</b> WANDA, CRONULLA	<b>6:00am Gym</b> MIRANDA	<b>6:00am Run/Strength</b> WANDA, CRONULLA	<b>6:00am Gym</b> MIRANDA	<b>6:00am Run</b> WANDA, CRONULLA	
						<b>7:00am Sand Hills</b> (Greenhills, Cronulla)
<b>EVENING (PM)</b>	<b>4:30pm Speed Session</b> WANDA, CRONULLA	<b>5:00pm Distance Session</b> WANDA, CRONULLA	<b>4:45pm JUNIORS*</b> <b>6-10yrs</b> Sylvania Athletics Track		<b>5:00pm Speed/Technique + Juniors *</b> Sylvania Athletics Track	
	<b>5:15pm Distance Session</b> WANDA, CRONULLA		<b>5:30pm Distance &amp; Speed</b> Sylvania Athletics Track			
	<b>6:30pm Gym</b> MIRANDA					
			<b>6:45pm Gym</b> MIRANDA			
Jock Athletic Run Sessions	All Sessions are 1hr duration, unless specified.					
Jock Athletic Gym Sessions	*45min Session only					
	WANDA, CRONULLA = Wanda Surf Club, 2 Marine Parade Miranda = Genisys Gym, Level 1 545-549 Kingsway, Miranda					

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