

Phase 1		Level 1	Level 2	Level 3	Level 4	Level 5
Mon	25-May	2 + abs	2.5 + abs	3 + abs	4 + abs	5 + abs
Tue	26-May	2 + 6X60 sprints	2.5 + 6X60 sprints	3 + 6X60 sprints	4 + 6X60 sprints	5 + 6X60 sprints
Wed	27-May	2 + abs	2.5 + abs	3 + abs	4 + abs	5 + abs
Thur	28-May	2 + 6X60 sprints	2.5 + 6X60 sprints	3 + 6X60 sprints	4 + 6X60 sprints	5 + 6X60 sprints
Fri	29-May	2 faster pace	2.5 faster pace	3 faster pace	4 faster pace	5 faster pace
Sat	30-May	off	off	off	off	off
Sun	31-May	3.5 easy	4 easy	5 easy	6.5 easy	8 easy
		13.5	16.5	20	26.5	33
Mon	1-Jun	2.5 + abs	3 + abs	3.5 + abs	4.5 + abs	5.5 + abs
Tue	2-Jun	2.5 + 6X60 sprints	3 + 6X60 sprints	3.5 + 6X60 sprints	4.5 + 6X60 sprints	5.5 + 6X60 sprints
Wed	3-Jun	2.5 + abs	3 + abs	3.5 + abs	4.5 + abs	5.5 + abs
Thur	4-Jun	2.5 + 6X60 sprints	3 + 6X60 sprints	3.5 + 6X60 sprints	4.5 + 6X60 sprints	5.5 + 6X60 sprints
Fri	5-Jun	2.5 faster pace	3 faster pace	3.5 faster pace	4.5 faster pace	5.5 faster pace
Sat	6-Jun	off	off	off	off	off
Sun	7-Jun	4 easy	4.5 easy	6 easy	7.5 easy	9 easy
		16.5	19.5	23.5	30	36.5
Mon	8-Jun	3 + abs	3.5 + abs	4 + abs	5 + abs	6 + abs
Tue	9-Jun	3 + 6X60 sprints	3.5 + 6X60 sprints	4 + 6X60 sprints	5 + 6X60 sprints	6 + 6X60 sprints
Wed	10-Jun	3 + abs	3.5 + abs	4 + abs	5 + abs	6 + abs
Thur	11-Jun	3 + 6X60 sprints	3.5 + 6X60 sprints	4 + 6X60 sprints	5 + 6X60 sprints	6 + 6X60 sprints
Fri	12-Jun	3 faster pace	3.5 faster pace	4 faster pace	5 faster pace	6 faster pace
Sat	13-Jun	off	off	off	off	off
Sun	14-Jun	4.5 easy	5 easy	6 easy	8.5 easy	10 easy
		19.5	22.5	26	32.5	40
Mon	15-Jun	3.5 + abs	4 + abs	4.5 + abs	5.5 + abs	6.5 + abs
Tue	16-Jun	3.5 + 6X60 sprints	4 + 6X60 sprints	4.5 + 6X60 sprints	5.5 + 6X60 sprints	6.5 + 6X60 sprints
Wed	17-Jun	3.5 + abs	4 + abs	4.5 + abs	5.5 + abs	6.5 + abs
Thur	18-Jun	3.5 + 6X60 sprints	4 + 6X60 sprints	4.5 + 6X60 sprints	5.5 + 6X60 sprints	6.5 + 6X60 sprints
Fri	19-Jun	3.5 faster pace	4 faster pace	4.5 faster pace	5.5 faster pace	6.5 faster pace
Sat	20-Jun	off	off	off	off	off
Sun	21-Jun	4.5 easy	5 easy	6 easy	8.5 easy	10 easy
		22	25	28.5	35	42.5
Mon	22-Jun	3.5 + abs	4 + abs	4.5 + abs	6 + abs	7 + abs
Tue	23-Jun	3.5 + 6X60 sprints	4 + 6X60 sprints	4.5 + 6X60 sprints	6 + 6X60 sprints	7 + 6X60 sprints
Wed	24-Jun	3.5 + abs	4 + abs	4.5 + abs	6 + abs	7 + abs
Thur	25-Jun	3.5 + 6X60 sprints	4 + 6X60 sprints	4.5 + 6X60 sprints	6 + 6X60 sprints	7 + 6X60 sprints
Fri	26-Jun	3.5 faster pace	4 faster pace	4.5 faster pace	6 faster pace	7 faster pace
Sat	27-Jun	off	off	off	off	off
Sun	28-Jun	4.5 easy	5 easy	6 easy	8.5 easy	10 easy
		22	25	28.5	37.5	45

Phase 2		Level 1	Level 2	Level 3	Level 4	Level 5
Mon	29-Jun	3 + abs	3.5 + abs	4 + abs	5.5 + abs	7 + abs
Tue	30-Jun	1, 2 tem, 1	1, 2.5 tem, 1	1, 3 tem, 1	1, 4 tem, 1	1, 5 tem, 1
Wed	1-Jul	3 + abs	3.5 + abs	4 + abs	5.5 + abs	7 + abs
Thur	2-Jul	3	3.5	4	5.5	7
Fri	3-Jul	1, 2X1, 1	1, 3X1, 1	1, 4X1, 1	1, 4X1, 1	1, 5X1, 1
Sat	4-Jul	off	off	off	off	off
Sun	5-Jul	5 easy	6 easy	7 easy	8.5 easy	10 easy
		22	26	30	37	45
Mon	6-Jul	3.5 + abs	4 + abs	4.5 + abs	6 + abs	8 + abs
Tue	7-Jul	1, 2.5 tem, 1	1, 3 tem, 1	1, 3.5 tem, 1	1, 4.5 tem, 1	1, 5 tem, 1
Wed	8-Jul	3.5 + abs	4 + abs	4.5 + abs	6 + abs	8 + abs
Thur	9-Jul	3.5	4	4.5	6	8
Fri	10-Jul	1, 2.5X1, 1	1, 3.5X1, 1	1, 4X1, 1	1, 4X1, 1	1, 5X1, 1
Sat	11-Jul	off	off	off	off	off
Sun	12-Jul	5 easy	6 easy	7 easy	8.5	10 easy
		24.5	27.5	32	39	48
Mon	13-Jul	4 + abs	4.5 + abs	5 + abs	6.5 + abs	8 + abs
Tue	14-Jul	1, 3 tem, 1	1, 3.5 tem, 1	1, 4 tem, 1	1, 4.5 tem, 1	1, 5 tem, 1
Wed	15-Jul	4 + abs	4.5 + abs	5 + abs	6.5 + abs	8 + abs
Thur	16-Jul	4	4.5	5	6.5	8
Fri	17-Jul	1, 3X1, 1	1, 4X1, 1	1, 4X1, 1	1, 4X1, 1	1, 5X1, 1
Sat	18-Jul	off	off	off	off	off
Sun	19-Jul	5 easy	6 easy	7 easy	8.5 easy	10 easy
		27	31	34	40.5	48
Mon	20-Jul	4 + abs	4.5 + abs	5 + abs	6.5 + abs	8 + abs
Tue	21-Jul	1, 3 tem, 1	1, 3.5 tem, 1	1, 4 tem, 1	1, 4.5 tem, 1	1, 5 tem, 1
Wed	22-Jul	4 + abs	4.5 + abs	5 + abs	6.5 + abs	8 + abs
Thur	23-Jul	4	4.5	5	6.5	8
Fri	24-Jul	1, 3X1, 1	1, 4X1, 1	1, 4X1, 1	1, 4X1, 1	1, 5X1, 1
Sat	25-Jul	off	off	off	off	off
Sun	26-Jul	5 easy	6 easy	7 easy	8.5	10 easy
		27	31	34	40.5	48
Mon	27-Jul	Off	Off	Off	Off	Off
Tue	28-Jul	off	off	off	off	off
Wed	29-Jul	off	off	off	off	off
Thur	30-Jul	off	off	off	off	off
Fri	31-Jul	off	off	off	off	off
Sat	1-Aug	off	off	off	off	off
Sun	2-Aug	off	off	off	off	off