

April 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes:			1	2	3	4
5	6	7 Intro Warm Up Stretch/Drills Cardio/Exercises	8	9 Warm Up Stretch/Drills Cardio/Exercise	10	11
12	13	14 Warm Up Stretch/Drills Conditioning (Long distance - Ladders)	15	16 Warm Up Stretch/Drills Conditioning (Short Distance - Ladders)	17	18
19	20	21 Warm Up Stretch/Drills Conditioning (Circuits and Intervals)	22	23 Warm Up Stretch/Drills Conditioning (Middle distance Sprint training)	24	25
26	27	28 Warm Up Stretch/Drills Conditioning (Circuits & Sprint Intervals) Time Trial Prep	29	30 Warm Up Stretch/Drills Time Trials	Notes: Training will vary due to weather conditions - Indoor/Outdoor facilities will be used for both.	