

Session	Date	Time	Day	Session Details
1	25 Sept 2008	18.30	Thurs	Anaerobic Lactic capacity 5-7 x 400m (65-75%) [2']
2	2 Oct 2008	18.30	Thurs	Anaerobic Lactic power 8-16 x 100m (75-85%) [1']
3	9 Oct 2008	18.30	Thurs	Anaerobic Lactic capacity 4-6 x 500m (65-75%) [2']
4	16 Oct 2008	18.30	Thurs	Aerobic capacity 3-5 x 1600m (45-55%) [8']
5	23 Oct 2008	18.30	Thurs	Anaerobic Lactic capacity 4-6 x 500m (65-75%) [2']
6	30 Oct 2008	18.30	Thurs	Anaerobic Lactic power 4-8 x 200m (75-85%) [2']
7	6 Nov 2008	18.30	Thurs	Anaerobic Lactic capacity 3-5 x 600m (65-75%) [2']
8	13 Nov 2008	18.30	Thurs	Aerobic capacity 2-4 x 2000m (45-55%) [8']
9	20 Nov 2008	18.30	Thurs	Anaerobic Lactic capacity 3-5 x 600m (65-75%) [2']
10	27 Nov 2008	18.30	Thurs	Anaerobic Lactic power 3-5 x 300m (75-85%) [4']
11	4 Dec 2008	18.30	Thurs	Anaerobic Lactic capacity 2-4 x 700m (65-75%) [2']
12	11 Dec 2008	18.30	Thurs	Aerobic capacity 2-3 x 2400m (45-55%) [8']