

Session	Date	Time	Day	Session Details
1	8 th Jan 2009	18.45	Thurs	Anaerobic Lactic capacity 5-7 x 400m (65-75%) [2']
2	15 th Jan 2009	18.45	Thurs	Anaerobic Alactic power 7-10 x 40m (100%) [5']
3	22 nd Jan 2009	18.45	Thurs	Anaerobic Lactic capacity 4-6 x 500m (65-75%) [2']
4	25 th Jan 2009	10am	Sunday	Anaerobic Alactic capacity 2-4 x 200m (85-95%) [8']
5	29 th Jan 2009	18.45	Thurs	Anaerobic Alactic power 4-8 x 50m (100%) [5']
6	1 st Feb 2009	10am	Sunday	Anaerobic Lactic capacity 3-5 x 600m (65-75%) [2']
7	5 th Feb 2009	18.45	Thurs	Anaerobic Alactic capacity 2-3 x 250m (85-95%) [8']
8	12 th Feb 2009	18.45	Thurs	Aerobic power 2-3 x 1600 (55-65%) [8']
9	19 th Feb 2009	18.45	Thurs	Aerobic power 3-5 x 1000 (55-65%) [8']
10	26 th Feb 2009	18.45	Thurs	Anaerobic Alactic power 4-6 x 60m (100%) [5']
11	1st Mar 2009	10am	Sunday	Anaerobic Alactic capacity 3-5 x 150m (85-95%) [8']
12	5th Mar 2009	18.45	Thurs	Aerobic Time Trial 12 min run or 2400m