

WEEKLY TIMETABLE

W/C 8th September 2025

6 week block

	MON	TUES	WEDS	THURS	FRI
09:15-10:15	STRENGTH	STRENGTH	STRENGTH	STRENGTH	STRENGTH
10:30-11:30					STRENGTH
1800-19:00		STRENGTH	STRENGTH	MIXED ABILITY RUN	
18:00-19:30	TRAIL RUN				
19:00-20:00		STRENGTH			
19:30-20:30	STRENGTH				