GLOSSARY

Sessions
T1 = First Weekly Session (Refer to T1 Drills)

T2 = Second Weekly Session (Refer to T2 Drills)

T3 = Weekend Session (Mix & Match Drills from T1/T2 to suit *your* needs)

Descriptors
Sprint = Maximal Effort/Exertion ("That was flat out")

Run = Hard Effort/Exertion ("Geez that was solid")

Float = Medium Effort/Exertion ("I was coasting along")

Walk = Low Effort/Exertion ("Kept the legs moving")

Rest = No Effort/Exertion ("Zzzzzz")

Abbreviations
m = metre(s)

' = minute(s)

" = second(s)

/ = interval(s)

OT = On The

⇔ = You can swap that session to either day

Examples:
- Fartlek (Walk) 45"/30" = Run for 45sec followed immediately by 30sec walk

- 5 x 800m OT6' = 800m run leaving every 6minutes. Rest is the differential