

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 Bukit Jalil (Darren) 200s/400s, 07.00 MPSJ track (Shireen) Junior Training, 16.15
2 Lake Gardens (Jeff) Hill Loops, 18.15	3	4 Lake Gardens (Jeff) 400m Accelerations, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) 400m Accelerations, 18.15	5	6 Lake Gardens (Mark) 200m Variations, 07.15 Shah Alam (Azrizal) Run and Strength Combo, 18.00	7	8 TPC KL (Jeff) Random Fartlek, 06.45 MPSJ track (Shireen) Junior Training, 16.15
9 Lake Gardens (Jeff) Run and Strength Combo, 18.15	10	11 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) 30s Hills, 18.15	12	13 MPSJ track (Michelle) 200m Intervals, 06.30 Lake Gardens (Mark) Speed 2-2-4, 07.15	14	15 Bukit Jalil (Darren) Random Fartlek, 07.00 MPSJ track (Shireen) Junior Training, 16.15
16 Lake Gardens (Jeff) 30 by 30 Fartlek, 18.15	17	18 Lake Gardens (Jeff) 200s/400s, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) 300m Burst, 18.15	19	20 Putra Heights (Michelle) Pyramid Hills, 06.30 Lake Gardens (Mark) Pyramid Fartlek, 07.15 MARDI (Mike Grover) Trail Running, 07.30 Shah Alam (Reza) 30 X 30 Fartlek, 18.00	21	22 TPC KL (Jeff) Run and Strength Combo, 06.45 MPSJ track (Shireen) Junior Training, 16.15
23 Lake Gardens (Mark) 200m Variations, 18.15	24	25 Lake Gardens (Jeff) Pyramid Fartlek, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) Pyramid Fartlek, 18.15	26	27 MPSJ track (Michelle) Random Fartlek, 06.30 Lake Gardens (Mark) Hill Loops, 07.15	28	29 Bukit Jalil (Darren) Hill Accelerations, 07.00 MPSJ track (Shireen) Junior Training, 16.15

APRIL 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
			Lake Gardens (Jeff) 500m Intervals, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) 500m Intervals, 18.15		MPSJ track (Michelle) 200s/400s, 06.30 PENANG Youth Park (Bernd) Run and Strength, 07.15 Lake Gardens (Mark) Trail Hills, 07.15 Shah Alam (Azrizal) Pyramid Fartlek, 18.00	Bukit Jalil (Darren) 300m Bursts, 07.00 MPSJ track (Shireen) Junior Training, 16.15
6	7	8	9	10	11	12
	Lake Gardens (Mark) Leg and Lung Buster, 18.15 PENANG Botanics (Chin Chin) 400m Accelerations, 18.30		Lake Gardens (Jeff) Hill Loops, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) Hill Loops, 18.15		MPSJ track (Michelle) 400m Intervals, 06.30 PENANG Youth Park (Ong) 300m Bursts, 07.15 Lake Gardens (Jeff) Random Fartlek, 07.15	Lake Gardens (Mark) Structured Fartlek, 07.15 MPSJ track (Shireen) Junior Training, 16.15
13	14	15	16	17	18	19
	Lake Gardens (Jeff) Stairs, 18.15 PENANG Botanics (Chin Chin) 3km Time Trial, 18.30		Lake Gardens (Jeff) Random Fartlek, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) 15-30-45 Fartlek, 18.15		MPSJ track (Michelle) 300m Bursts, 06.30 PENANG Youth Park (Bernd) 15-30-45 Fartlek, 07.15 Lake Gardens (Jeff) 200s/400s, 07.15 Shah Alam (Reza) 200s/400s, 18.00	Bukit Jalil (Darren) 30s Hill, 07.00 MPSJ track (Shireen) Junior Training, 16.15
20	21	22	23	24	25	26
	Lake Gardens (Mark) Pyramid Fartlek, 18.15		Lake Gardens (Jeff) 300m Bursts, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) Trail Hills, 18.15		MPSJ track (Michelle) 15-30-45 Fartlek, 06.30 PENANG Youth Park (Ong) 400m Intervals, 07.15 Lake Gardens (Mark) Hill Accelerations, 07.15	TPC KL (Jeff) Hill Accelerations, 06.45 MPSJ track (Shireen) Junior Training, 16.15
27	28	29	30			
	Lake Gardens (Jeff) Demon Hill, 18.15		Lake Gardens (Jeff) Straights, 08.30 UM Arena (Wan) Juniors (age 8-12), 16.30 UM Arena (Wan) Juniors (age 13-17), 18.00 Lake Gardens (Mark) Straights, 18.15			

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