

# Program

**Monday,** Easy recovery run

**Tuesday,** *1 k reps*, Langford's West aqueduct

**Wednesday,** *Long*, Fitzys Hut

**Thursday,** *Hills*, Mt McKay

**Friday,** *Rest*, do as you want

**Saturday,** *Mona Rep*, Langford's East aqueduct

**Sunday,** *Long*, Pretty Valley

Other runs we will try to fit in, is Wishing Well, Ropers Lookout and the Water Tower