

Dollar Academy S&C July Time Table								Top Ups - Please complete these on days that are highlighted as RED.	
Week 1									
	Mon 02/07	Tue 03/07	Wed 04/07	Thu 05/07	Fri 06/07	Sat 07/07	Sun 08/07	<b>Session 1</b>	<b>Session 2</b>
School S&C	NO	NO	NO	YES	YES			15s Sprint / 45s Recovery 30s Sprint / 30 s Recovery 45s Sprint / 15 s Recovery	Find a hill between 20-35m in length Sprint up the hill Jog back down
Malaysia				1200 - 1300	1200 - 1300			Complete this 3 times continually - This is one set Do 2 sets with 3 minutes rest in between sets	Complete 10 times to complete a set Do 4 sets with 2 minutes rest between sets
South Africa				1330 - 1430	1330 - 1430			<b>Total time = 21 Minutes</b>	
Week 2									
	Mon 09/07	Tue 10/07	Wed 11/07	Thu 12/07	Fri 13/07	Sat 14/07	Sun 15/07	<b>Session 1</b>	<b>Session 2</b>
School S&C	YES	YES	NO	YES	NO			100m Effort Sprint 100m in under 20 seconds Rest for remainder of minute Complete 6 times for 1 set	3 Mile time trial Good below 22 minutes Average between 22 - 28 minutes
Malaysia	1200 - 1300	1200 - 1300		1200 - 1300				complete 3 sets with 2 minutes rest between sets	
South Africa	1330 - 1430	1330 - 1430		1330 - 1430				<b>Total time = 22 Minutes</b>	
Week 3									
	Mon 16/07	Tue 17/07	Wed 18/07	Thu 19/07	Fri 20/07	Sat 21/07	Sun 22/07	<b>Session 1</b>	<b>Session 2</b>
School S&C	YES	YES	NO	YES	NO			15s Sprint / 45s Recovery 30s Sprint / 30 s Recovery 45s Sprint / 15 s Recovery	Find a hill between 20-35m in length Sprint up the hill Jog back down
Malaysia	1200 - 1300	1200 - 1300		1200 - 1300				Complete this 3 times continually - This is one set Do 2 sets with 3 minutes rest in between sets	Complete 10 times to complete a set Do 4 sets with 2 minutes rest between sets
South Africa	1330 - 1430	1330 - 1430		1330 - 1430				<b>Total time = 21 Minutes</b>	
Week 4									
	Mon 23/07	Tue 24/07	Wed 25/07	Thu 26/07	Fri 27/07	Sat 28/07	Sun 29/07	<b>Session 1</b>	<b>Session 2</b>
School S&C	YES	YES	NO	NO	NO			100m Effort Sprint 100m in under 20 seconds Rest for remainder of minute Complete 8 times for 1 set complete 3 sets	3 Mile time trial Good below 22 minutes Average between 22 - 28 minutes
Malaysia	1200 - 1300	1200 - 1300							
South Africa	1330 - 1430	1330 - 1430						<b>Total time = 28 Minutes</b>	