

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUTUMN SESSIONS WEEK 1 - FROM MONDAY 10th	YOUNG GUNS EMPIRE PARK 4PM		YOUNG GUNS DRILLS + STRENGTH 4pm		
		MRG LAKE MAC 5:30PM	RUNSTRONG - STRENGTH + CARDIO 5:45pm	MTG GLENROCK 5: 30PM	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUTUMN SESSIONS WEEK 1 - FROM MONDAY 17th	YOUNG GUNS EMPIRE PARK 4PM		YOUNG GUNS DRILLS + STRENGTH 4pm		
	RUNSTRONG - STRENGTH + CARDIO 5:45pm	MRG LAKE MAC 5:30PM	RUNSTRONG - STRENGTH + CARDIO 5:45pm	MTG GLENROCK 5: 30PM	
					What are we doing?
	FOR MRG/MTG/RUNSTRONG SESSIONS	Single Pass \$30 Double Pass \$55	Purchase any combination of passes to cover the number of sessions you wish to attend over the 2 weeks		All sessions are specifically targeted towards UTA, although they are ideal for all runners too. the MRG sets are THRESHOLD/TEMPO sets which allow you to run the runnable sections well and the MTG sessions will include a Weight Vest and stairs session and night run/checkpoint challenge session. The Runstrong sessions will include cardio.
		Triple Pass \$75			
	FOR YOUNG GUNS	Single Pass \$20	Purchase as many \$20 passes that your Young Gun will attend		Mondays will be Intervals and Wednesdays running drills and strength at the concept gym, george street highfields