## Sheet1
| Date / Time: | Saturday, 02 March 2019 @ 0900 | Unnamed: 2 | Unnamed: 3 | Unnamed: 4 | Unnamed: 5 | Unnamed: 6 | Unnamed: 7 | Unnamed: 8 | Unnamed: 9 | Unnamed: 10 | Unnamed: 11 | Unnamed: 12 | Unnamed: 13 |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Venue: | TAC. Bottom fields | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Session: | 2 - 3 x [2 x 1'000], 300m after 2nd effort of each set - Race Specific Session | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Volume: | 4'600m - 6'900m | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Target Pace: | 1k = Nicole: 3:20/km & Katie: k = 03:30/km | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Recovery: | 45" static between efforts (100m jog between 1k & 300m) & 3' between set. | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| Conditions: | Fair & dry | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN | NaN |
| NaN | Set 1 | NaN | NaN | Set 2 | NaN | NaN | Set 3 | NaN | NaN | Vol | Averages | NaN | NaN |
| NaN | 1000 | 1000 | 300 | 1000 | 1000 | 300 | 1000 | 1000 | 300 | NaN | 1000 | 300 | NaN |
| Nicole Taylor - (02 March 19) | 00:03:12 | 00:03:12 | 00:00:51 | 00:03:13 | 00:03:15 | 00:00:54 | 00:03:14 | 00:03:17 | 00:00:56 | 6900 | 00:03:13.833000 | 00:00:53.667000 | Very good session and going very well. Very determined approach throughout, but in particular during the last set when on own. Inside target and an improvement on last time did this which was in the summer. Mastered 3 sets very well. In spikes. |
| Nicole Taylor - (19 July 18) | 00:03:18 | 00:03:13 | 00:00:52 | 00:03:15 | 00:03:18 | 00:00:53 | 00:03:18 | 00:03:19 | 00:00:52 | 6900 | 00:03:16.833000 | 00:00:52.333000 | NaN |
| Katie Goodge - (02 March 19) | 00:03:23 | 00:03:26 | 00:00:58 | 00:03:27 | 00:03:29 | 00:00:59 | - | - | - | 4600 | 00:03:26.250000 | 00:00:58.500000 | Perhaps a little too fast on first 1k of the first set, but expected. Very gutsy / determined attitude and session objectives met. Inside target pace and a good improvement compared to last time. Aim for next time is to maintain 1k times, but bring the 300's down 2 - 3". In spikes |
| Katie Goodge - (23 June 18) | 00:03:29 | 00:03:29 | 00:00:57 | 00:03:32 | 00:03:31 | 00:00:58 | - | - | - | 4600 | 00:03:30.250000 | 00:00:57.500000 | NaN |

## Sheet2
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|  |

## Sheet3
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