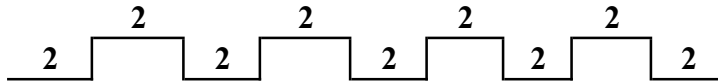
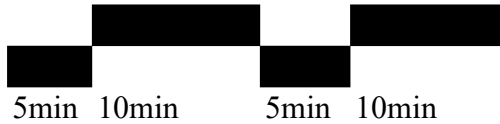


### CASTLE

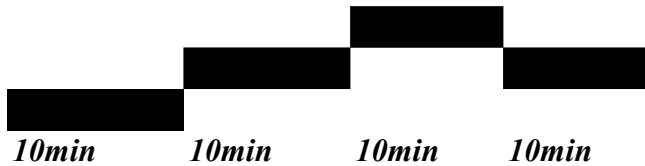
C6 CAS 1 / 18-20-18-20-18-20-18-20-18 18min  
 C5 CAS 2 / 20-22-20-22-20-22-20-22-20 18min  
 C5 CAS 3 / 22-24-22-24-22-24-22-24-22 18min



C6/C5 Cas 5min @ 18, 10min @20, 5min @18, 10min @20. 30min

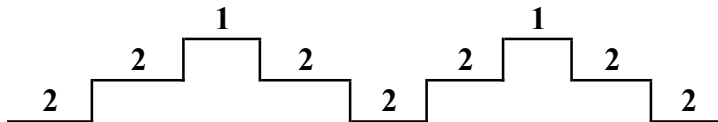


C6/C5 Cas 10min @ 18, 10min @ 20, 10min @ 22, 10min @ 20 40min



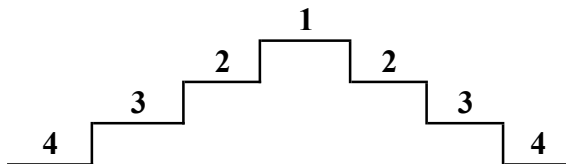
### EXTENDED CASTLE

C6 EXC 1 / 18-20-22-20-18-20-22-20-18 16min  
 C5 EXC 2 / 20-22-24-22-20-22-24-22-20 16min



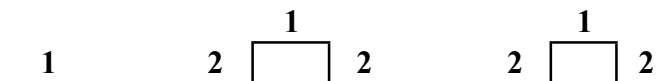
### PYRAMID

C6 PYR 1 / 18-20-22-24-22-20-18 19min  
 C6/C5 PYR 2 / 20-22-24-26-24-22-20 19min



### PYRAMID CASTLE

C6 PYC 1 / 18-20-22-20-22-24-22-24-22-24-22-20-18 22min  
 C5 PYC 2 / 20-22-24-22-24-26-24-26-24-26-24-22-20 22min

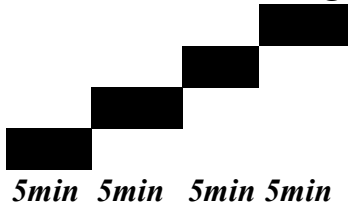




**LADDER**

**C5 LAD 1 / 4 X 20 on / 8 off @ 26, rest 5mins**

**C6/C5 Ladders- AIS 1- 5min @ 18, 5min @ 20, 5min @ 22, 5min @ 24**



**CONTINUOUS**

- C6 CON 3-4 x 20-30 mins @ 18 or 20 Rest 3-4 mins**
- C6 CON 3-4 x 6km @18 Rest 3-4 mins**
- C5 CON 20 mins @ 22 or 24**
- C5 CON 14 mins @ 22 or 24**

