**(April/May 17)**

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| **DATE** | **TRACK** |
| **21st April** |  Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds Group 2, 4 x 300s 8 x 400s in 3.00 Turnarounds. Group 3, 4 x 300s 6 x 400s with recovery |
| **28th April** | **NOTE ..Stadium closed due to a weekend event**groups 1 & 2, 3, x 1 mile in Bedford Park cGroup 3, 6 x 400s Meet at the top end of Bedford park near the cemetery.6.30 prompt |
|  **5th May**  |  Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds Group 2, 4 x 300s 8 x 400s in 3.00 Turnarounds. Group 3, 4 x 300s 6 x 400s with recovery |
|  **12th May** |  Group 1, 14 x 400 in 2.30 Turnarounds Group 2, 12 x 400 in 3.00 Turnarounds Group 3, 10 x 300 when ready or group passes by. |
| **19th May** |  Group 1, 14 x 400 in 2.30 Turnarounds Group 2, 12 x 400 in 3.00 Turnarounds Group 3, 10 x 300 when ready or group passes by. |
| **26th May** |  Group 1, 2 x 800s 5 min turnarounds 10 x 400 in 2.30s Group 2, 1 x 800 6 min turnaround 10 x 400s in 3.00 Group 3, 8 x 400 4 min turnarounds |
| **2nd June** |  Group 1, 2 x 800s 5 min turnarounds 10 x 400 in 2.30s Group 2, 1 x 800 6 min turnaround 10 x 400s in 3.00 Group 3, 8 x 400 4 min turnarounds |