FRIDAY TRACK

 **(July/August 17)**

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| **DATE** | **TRACK** |
| **30th June** |  Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds Group 2, 6 x 300s 8 x 400s in 3.00 Turnarounds. Group 3, 10 x 300s walk/jog recovery  |
| **7th July** |  Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds Group 2, 6 x 300s 8 x 400s in 3.00 Turnarounds. Group 3, 10 x 300s walk/jog recovery |
|  **14th July**  |  Group 1, 2 x 800s 4 x 400s 3 x 1000 Group 2, 2 x 800 4 x 400 2 x 1000. Group 3, 10 x 400 with recovery |
|  **21st July** |  Group 1, 2 x 800s 4 x 400s 3 x 1000 Group 2, 2 x 800 4 x 400 2 x 1000. Group 3, 10 x 400 with recoveryA GOOD SHARPNER FOR DOUG ANDERSON 5K (WED 26TH) |
| **28TH July** | NO TRACK DUE TO STADIUM CLOSURE |
| **4th August** |  Group 1, 4 x 400 6 x 300 plus 1 mile  Group 2, 4 x 400 4 x 300 plus 1 mile Group 3, 4 x 400 2 x 300 plus 1 mile |
| **11th August** |  Group 1, 4 x 400 6 x 300 plus 1 mile  Group 2, 4 x 400 4 x 300 plus 1 mile Group 3, 4 x 400 2 x 300 plus 1 mile |