**friday track sessions**

**(April 2018)**

**OPEN TO ALL ABILITIES**

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| **DATE** | **TRACK** |
| **6th April** | Group 1, 6 x300s 8 x400s in 2.45Turnarounds.  Group 2, 4 x 300s 8 x 400s in 3.15 Turnarounds.  Group 3 4 x 300s 4 x 400s with recovery.  . |
| **13th April** | Group 1, 6 x300s 8 x400s in Turnarounds in 2.45Turnarounds  Group 2, 4 x 300s 8 x 400s in 3.15Turnarounds  Group 3, 4 x 300s 4x 400s with recovery. |
| **20th April** | Group 1, 6 x 400s 2.45s, 1 x 800, 6 x400s 2.45s  Group 2, 6 x 400s 3.15s, 1x 800, 4 x 400s  Group 3, 8 x 400s |
| **27th April** | Group 1, 6 x 400s 2.45s, 1 x 800, 6 x400s 2.45s  Group 2, 6 x 400s 3.15s, 1x 800, 4 x 400s  Group 3, 8 x 400s |
| **4th May** | Due to stadium staff shortages I am unable to confirm a track session this evening. Awaiting a decision from the manager.  If available, I will schedule a track session. IF NOT, we will be heading to Bedford Park |