**friday track sessions**

 **(June 2018)**

**OPEN TO ALL ABILITIES**

|  |  |
| --- | --- |
| **DATE** | **TRACK** |
| **1st June** | **AT THE STADIUM**Group 1, 6 x 300s 8 x 400s in 245 turnarounds Group 2, 4 x 300s 8 x 400s in 3.15 turnaroundsGroup 3, 4 x 300s 4 x 400s |
| **8th June** | **‘TRACK’ IN BEDFORD PARK**All groups 400sGrp 1, 5 x 800 Grp 2 4 x 800 Grp 3 3 x 800s |
| **15th June** |  **‘TRACK’ IN BEDFORD PARK**6.30 at the top end of Robinson car park400s & 800s  |
| **22nd June** | **AT THE STADIUM**Group 1, 400s as a relay 30 min’sGroup 2, As group 1 Group 3, As group 1.PLUS 10 mins continuous run (How many laps) |
| **29th June** | **AT THE STADIUM**Group 1, 400s as a relay 30 min’sGroup 2, As group 1 Group 3, As group 1.PLUS 10 mins continuous run (How many laps) |