**friday track sessions**

**(June 2018)**

**OPEN TO ALL ABILITIES**

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| **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 turnarounds  Group 3, 4 x 300s 4 x 400s |
| **8th June** | **‘TRACK’ IN BEDFORD PARK**  All groups 400s  Grp 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 park  400s & 800s |
| **22nd June** | **AT THE STADIUM**  Group 1, 400s as a relay 30 min’s  Group 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’s  Group 2, As group 1  Group 3, As group 1.  PLUS 10 mins continuous run (How many laps) |