**friday track sessions**

 **(May 2018)**

**OPEN TO ALL ABILITIES**

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| **DATE** |  **TRACK** |
| **4th May** | **‘TRACK’ IN BEDFORD PARK**6.30 at the top end of Robinson car park400s & 800s. |
| **11th May** | **AT THE STADIUM**Group 1, 6 x300s 8 x400s in Turnarounds in 2.45TurnaroundsGroup 2, 4 x 300s 8 x 400s in 3.15Turnarounds Group 3, 4 x 300s 4x 400s with recovery. |
| **18th May** |  **‘TRACK’ IN BEDFORD PARK**6.30 at the top end of Robinson car park400s & 800s  |
| **25th May** | ‘ **‘TRACK’ IN BEDFORD PARK**Short sprints, Relays 400, 800, 1 lap. |
|  | **NOTE TO ALL****Due to the stadium being closed on some Friday evenings****To keep the continuity we will be training in Bedford park for the majority of May. Sorry for the inconvenience.**  |