**(September 2017)**

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| **DATE** | **TRACK** |
| **4th** | Group 1, 7x400s, 2.30s 7x400s2.15 Turnarounds  Group 2, 6 x 400s, 3.00s 6x400s in 2.45 Turnarounds.  Group 3, 4 x 300s plus 6x400s 5min Turnarounds |
| **11th** | Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds  Group 2, 6 x 300s 6 x 400s in 3.00 Turnarounds.  Group 3, 4 x 300s 6 x 400s in 4.30 Turnarounds |
| **18th** | Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds  Group 2, 6 x 300s 6 x 400s in 3.00 Turnarounds.  Group 3, 4 x 300s 6 x 400s in 4.30 Turnarounds |
| **25th** | Group 1, 4 x 400s 3 x 1000  Group 2, 4 x 400s 2 x 1000.  Group 3, 8 x 400 with recovery  PLUS ONE MILE |
| **1st October** | Group 1, 4 x 400s 3 x 1000  Group 2, 4 x 400s 2 x 1000.  Group 3, 8 x 400 with recovery  PLUS ONE MILE |