FRIDAY TRACK

**(July/August 17)**

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| **DATE** | **TRACK** |
| **30th June** | Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds  Group 2, 6 x 300s 8 x 400s in 3.00 Turnarounds.  Group 3, 10 x 300s walk/jog recovery |
| **7th July** | Group 1, 6 x 300s 8 x400s in 2.30 Turnarounds  Group 2, 6 x 300s 8 x 400s in 3.00 Turnarounds.  Group 3, 10 x 300s walk/jog recovery |
| **14th July** | Group 1, 2 x 800s 4 x 400s 3 x 1000  Group 2, 2 x 800 4 x 400 2 x 1000.  Group 3, 10 x 400 with recovery |
| **21st July** | Group 1, 2 x 800s 4 x 400s 3 x 1000  Group 2, 2 x 800 4 x 400 2 x 1000.  Group 3, 10 x 400 with recovery  A GOOD SHARPNER FOR DOUG ANDERSON 5K (WED 26TH) |
| **28TH July** | NO TRACK DUE TO STADIUM CLOSURE |
| **4th August** | Group 1, 4 x 400 6 x 300 plus 1 mile  Group 2, 4 x 400 4 x 300 plus 1 mile  Group 3, 4 x 400 2 x 300 plus 1 mile |
| **11th August** | Group 1, 4 x 400 6 x 300 plus 1 mile  Group 2, 4 x 400 4 x 300 plus 1 mile  Group 3, 4 x 400 2 x 300 plus 1 mile |