**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 park  400s & 800s  . |
| **11th May** | **AT THE STADIUM**  Group 1, 6 x300s 8 x400s in Turnarounds in 2.45Turnarounds  Group 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 park  400s & 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.** |