

friday track sessions

2012

| DATE | TRACK |
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| 6 th July | 400s Group 1, 12 in 2.45 Group 2, 10 in 3.00 Group 3, 8 in 4mins |
| 13 th July | 400s Group 1, 12 in 2.45 Group 2, 10 in 3.00 Group 3, 8 in 4mins |
| 20 th July | 400s @ 600s Group 1, 6 x 400 & 4 x 600s Group 2, 6 x 400 & 4 x 600s Group 3, 6 x 400 & 2 x 600s |
| 27 th July | 400s @ 600s Group 1, 6 x 400 & 4 x 800s Group 2, 6 x 400 & 4 x 800s Group 3, 6 x 400 & 4 x 600s |
| 3 rd August | Session cancelled due to stadium being 'Live Olympic Site' |
| 10 th August | Groups 1 & 2 4 x 400s 4x 800s 1x1000 Group 3 500 parluufs |
| 17 th August | Group 1&2 10 x 100s Warm ups 1 x 800 2x1000 2x1200 Group 3 10x400 |
| 24 th August | Group1&2 1 mile, 2x800, 4x400 Group3 800, 4x400s |