

# friday track sessions

## 2012

| DATE                    | TRACK  |
|-------------------------|--|
| 6 <sup>th</sup> July    | 400s<br>Group 1, 12 in 2.45<br>Group 2, 10 in 3.00<br>Group 3, 8 in 4mins                                |
| 13 <sup>th</sup> July   | 400s<br>Group 1, 12 in 2.45<br>Group 2, 10 in 3.00<br>Group 3, 8 in 4mins                                |
| 20 <sup>th</sup> July   | 400s @ 600s<br>Group 1, 6 x 400 & 4 x 600s<br>Group 2, 6 x 400 & 4 x 600s<br>Group 3, 6 x 400 & 2 x 600s |
| 27 <sup>th</sup> July   | 400s @ 600s<br>Group 1, 6 x 400 & 4 x 800s<br>Group 2, 6 x 400 & 4 x 800s<br>Group 3, 6 x 400 & 4 x 600s |
| 3 <sup>rd</sup> August  | 500 Parluufs<br>Groups 1&2 35 Mins<br>Group 3 300 parluufs 30 mins                                       |
| 10 <sup>th</sup> August | Groups 1 & 2<br>4 x 400s 4x 800s 1x1000<br>Group 3 500 parluufs  |
| 17 <sup>th</sup> August | Group 1&2<br>10 x 100s Warm ups<br>1 x 800 2x1000 2x1200<br>Group 3 10x400                               |
| 24 <sup>th</sup> August | Group1&2<br>1 mile, 2x800, 4x400<br>Group3<br>800, 4x400s  |