



Tuesday Nights Track Sessions 2018/19

From 6th November 2018



Below is the rota for the winter track sessions. The session will start at **7.00pm** please be warmed up and ready to go then. If you intend to Warm Up at the track use the outside path in a clockwise direction – 3 laps = 1 mile. Please do not go on the track before 7pm. When you arrive please pay at reception (£4.20) we do not hire the track, it is a public use session. Please read the Track Etiquette and Rules information on the forum, facebook and the app. If you are doing a track session for the first time please see Phil and he can talk you through it. At the end of this schedule, we will move on to the summer rota.

Wk	Date	Session	Recovery	Wk	Date	Session	Recovery
1	06/11/2018	5-6 x 1K	jog 200	14	05/02/2019	6-8 x 800m	jog 200
2	13/11/2018	6-8 x 800m	jog 200	15	12/02/2019	8-10 x 600m	jog 200
3	20/11/2018	8-10 x 600m	jog 200	16	19/02/2019	12+ x 400m	jog 200
4	27/11/2018	12+ x 400m	jog 200	17	26/02/2019	5-6 x 1K	jog 200
5	04/12/2018	5-6 x 1K	jog 200	18	05/03/2019	6-8 x 800m	jog 200
6	11/12/2018	6-8 x 800m	jog 200	19	12/03/2019	8-10 x 600m	jog 200
7	18/12/2018	8-10 x 600m	jog 200	20	19/03/2019	12+ x 400m	jog 200
8	25/12/2018	Christmas Day parkrun		21	26/03/2019	5-6 x 1K	jog 200
9	01/01/2019	New Year's Day parkrun		22	02/04/2019	6-8 x 800m	jog 200
10	08/01/2019	6-8 x 800m	jog 200	23	09/04/2019	8-10 x 600m	jog 200
11	15/01/2019	8-10 x 600m	jog 200	24	16/04/2019	12+ x 400m	jog 200
12	22/01/2019	12+ x 400m	jog 200	25	23/04/2019	4 x 800m @ Marathon Pace	jog 400
13	29/01/2019	5-6 x 1K	jog 200			1 x 800m + 2 x 600m + 4 x 400m + 6 x 200m	jog 200