

Alwyn's Track Sessions Summer 2019
Thursday Nights at Leeds Road Track, 7:00pm prompt

FIRST CYCLE

WEEK 1	APRIL 4 th	200m and 150m session
WEEK 2	APRIL 11 th	300m session
WEEK 3	APRIL 18 th	200m session
WEEK 4	APRIL 25 th	300m/250m/2x150m/250/200m
WEEK 5	MAY 2 nd	350m/300m/250m/200m
WEEK 6	MAY 9 th	400m session

SECOND CYCLE

WEEK 1	MAY 16 th	200m and 150m session
WEEK 2	MAY 23 rd	300m session
WEEK 3	MAY 30 th	200m session
WEEK 4	JUNE 6 th	300m/250m/2x150m/250/200m
WEEK 5	JUNE 13 th	400m session
WEEK 6	JUNE 20 th	350m/300m/250m/200m

THIRD CYCLE

WEEK 1	JUNE 27 th	200m and 150m session
WEEK 2	JULY 4 th	300m session
WEEK 3	JULY 11 th	200m session
WEEK 4	JULY 18 th	300m/250m/2x150m/250/200m
WEEK 5	JULY 25 th	350m/300m/250m/200m
WEEK 6	AUGUST 1 st	400m session

FOURTH CYCLE

WEEK 1	AUGUST 8 th	200m and 150m session
WEEK 2	AUGUST 15 th	300m session
WEEK 3	AUGUST 22 nd	200m session
WEEK 4	AUGUST 29 th	400m session