

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

FIRST CYCLE

WEEK 1	APRIL 2 nd	800m session
WEEK 2	APRIL 9 th	400m / 800m / 300m session
WEEK 3	APRIL 16 th	1000m and 500m session
WEEK 4	APRIL 23 rd	400m and 1000m session
WEEK 5	APRIL 30 th	1600m and 400m session
WEEK 6	MAY 7 th	1200m and 300m session
WEEK 7	MAY 14 th	3000m / 200m / 3000m session
WEEK 8	MAY 21 st	1000m session

SECOND CYCLE

WEEK 1	MAY 28 th	500m and 300m session
WEEK 2	JUNE 4 th	400m / 800m / 300m session
WEEK 3	JUNE 11 th	1600m / 400m / 1600m session
WEEK 4	JUNE 18 th	1000m / 400m / 1000m session
WEEK 5	JUNE 25 th	600m / 400m / 300m / 200m session

THIRD CYCLE

WEEK 1	JULY 2 nd	500m and 300m session
WEEK 2	JULY 9 th	1600m and 400m session
WEEK 3	JULY 16 th	400m / 800m / 300m session
WEEK 4	JULY 23 rd	1000m session
WEEK 5	JULY 30 th	1200m / 400m / 1200m session
WEEK 6	AUGUST 6 th	800m / 400m / 200m / 800m session
WEEK 7	AUGUST 13 th	1000m / 400m / 1000m session
WEEK 8	AUGUST 20 th	500m and 300m session
WEEK 9	AUGUST 27 th	400m / 800m / 300m session