



SATURDAY BRICKFIELDS TRACK ROSTER



DATE	COACH /LEADER	SESSION
26 th Jan 2019	NEIL D (S)	3-5 x (3 x 400m / 200m jog) off 2 - 3 mins
2 nd Feb 2019	NO COACH	10 – 20 x 300m / 100m jog
9 th Feb 2019	NO COACH	3 – 5 x (3 x 500m / 300m jog) off 2 - 3 mins SESSION
16 th Feb 2019	NO COACH	3 – 5 x (3 x 600m / 200m jog) off 2 – 3 mins
23 rd Feb 2019	NEIL D	3 – 5 x (3 x 800m off 60 – 90 secs) off 2 mins
2 nd Mar 2019	NO COACH	3 – 5 x (3 x 1000m / 200m jog) off 2 – 3 mins
9 th Mar 2019	CAROLINE (S)	20-24 x 200m/200m jog
16 th Mar 2019	NEIL W (S)	2km@10k off 2min, 1.6km@5k off 90sec, 1.2km@3k off 1min, 800m@1500 off 45sec, 400m@800 off 5mins Then 5x200m (sprint) off 30sec.
23 rd Mar 2019	BIANCA (S)	4 -6 x 1600m / 400m jog recoveries
30 th Mar 2019	NEIL W (S)	1600m@10k, 1200m@5k, 800m@3k, 400m@3k, 800m@3k, 1200m@5k, 1600m@10k