



SATURDAY BRICKFIELDS TRACK ROSTER



| DATE | COACH /LEADER | |
|---------------------------|---------------|--|
| 6 th Apr 2019 | KRIS (PM) | 10 – 20 x 200m (sprint) / 200m (jog recovery) |
| 13 th Apr 2019 | NEIL W (S) | PAARLAUF |
| 20 th Apr 2019 | No Coach | 3 – 5 sets x (3 x 400m Reps) off 45sec/rep & 4min/set |
| 27 th Apr 2019 | CAROLINE (S) | 10 – 20 x 300m (sprint) /100m (jog recovery) |
| 4 th May 2019 | NEIL W (S) | 3 – 5 Sets x (3 x 600m Reps) off 45sec/rep & 3mins/set |
| 11 th May 2019 | CAROLINE (S) | FARTLEK |
| 18 th May 2019 | NEIL W (S) | 3 – 5 Sets x (3 x 800m Reps) off 60sec/rep & 4min/set |
| 25 th May 2019 | JANE (PH) | 3- 5 Sets x(3x1000m Reps) off 60sec/rep & 4min/set |
| 1 st Jun 2019 | NEIL D (S) | 3 - 5 x 1200m=400m@5K/400m@3K/400m@5K off 3mins |
| 8 th Jun 2019 | CAROLINE (S) | 10 – 20 x 200m (sprint) / 200m (jog recovery) |
| 15 th Jun 2019 | NEIL W (S) | <p><u>SET1:</u> 1.8km @ 5k off 60sec/2km @ 5k off 30sec/1200m @5k 8-10 minute recovery between sets</p> <p><u>SET2:</u> 10X500m @5K off 60seconds</p> |
| 22 nd Jun 2019 | NEIL D (S) | 4 – 6 x 1600m / 400m roll on recoveries |
| | | |
| | | |