**Distance……**

**Fartlek on track…..**

**Warm ups sequence 1-2,2-3,3-4,3-1,2-2,3-3 6x150 pursuits**

**Track**

**Warm ups volume day**

**800 group Mitch, Jason, Daniel, Paul, Carter, Juan, Ty, Jose, Toby**

**3X300 sets :55**

Walk 200 repeat

3minute jog between sets

**Finish with hurdle stretches**

**100,200,400 group Liam, Jed, Tommy, Ben, Mitchel, Evan, Robert, Ryan, Harrison, Robert**

2x500 @ 85-90

Walk 200 jog 200 repeat

2X300 @45-50

Walk 100 jog 100 repeat

4 minute jog

4X200 33,30,28,26

**Finish with hurdle stretches**