

Thursday and Friday 4th/5th April 2024 on track

	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	Group 3	
	Mark	Matt	Max	Jack	Toby	Jacob	Jamie	
	Pepper	Dennis	Malkinson	Sharpe	Emm	Hunt	Macdonald	
Tempo	1600m	1600m	1600m	1600m	1600m	1600m	1600m	
	5.13	5.15	5.15	5.34	5.07	5.11	5.10	
Recovery	3 mins	3 mins	3 mins	3 mins	3 mins	3 mins	3 mins	
1	72	72	72	72	72	72	72	
2	72	73	72	73	72	72	72	
3	71	72	72	73	71	72	71	
4	73	73	72	74	72	72	72	
5	71	71	71	72	71	71	71	
6	71	72	71	72	70	71	70	
7	71	72	71	72	71	71	70	
8	72	73	71	73	71	70	70	
9	72	71	71	72	71	71	71	
10	71	70	71	73	68	68	68	
11	70	70	72	70	68	68	68	
12	72	70	72	71	68	68	68	
13	72	71	5 mins			5 mins	5 mins	
14	69	69	60.9			55.9	58.2	
15	71	68						
16	67	67						
Comment	x 16	x 16		1st session after injury			2 x hurdles back straight	
	Group 4 Charlie Ellison	Group 4 Ollie White	Group 4 Tom Claridge	Group 4 Alex Beeston	Group 4 Emily Geake	Group 4 Polly Moses	Thursday Jess Murphy	Thursday Annabelle Hales
Tempo	1200m	1200m	1200m	1600m	1200m	1200m	No tempo	No tempo
	4	3.55	4.16	5.16	4.32	4.4	windy	windy
Recovery	3 mins	3 mins	3 mins	3 mins	3 mins	3 mins		
1	72	72	80	72	81	83	79	79
2	77	72	78	72	82	83	80	80
3	75	77	80	74	81	85	82.9	82.9
4	75	74	79	71	80	86	81.3	81.3
5	75	74	75	72	79	87	81.1	81.1
6	76	75	78	73	80	89	79.8	79.8
7	75	73	74	200m 28.9	79	89	79.5	79.5
8	76	74	75	200m 30.3	79	88	78.7	78.7
9	76	73	73	200m 29.3	79	90	78.7	80.9
10	76	73	73	200m 29	77	86	72.4	79.8
11	75	73	73		5 mins	5 mins		
12	71	73	73		72.1	76.0		
Comment	Recoveries from Polly	Recoveries from Polly	Recoveries from Polly	Recoveries from Polly	Recoveries from Polly	Recoveries from Polly	x 10	x 10