

**Tuesday 26th March at the Track**

	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>	<b>Group 3</b>
	<b>Toby</b>	<b>Katie</b>	<b>Ananjan</b>	<b>Jess</b>	<b>Lily</b>	<b>Sophie</b>	<b>Annabelle</b>
	<b>Emm</b>	<b>Goodge</b>	<b>Ganguli</b>	<b>Murphy</b>	<b>Slack</b>	<b>Hawkins</b>	<b>Hales</b>
<b>Tempo</b>	<b>1600m</b>	<b>1600m</b>	<b>1600m</b>	<b>1600m</b>	<b>1600m</b>	<b>1600m</b>	<b>1200m</b>
<b>Time</b>	<b>5.32</b>	<b>5.32</b>	<b>5.28</b>	<b>5.51</b>	<b>5.50</b>	<b>5.52</b>	<b>4.27</b>
<b>Recovery</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>	<b>Approx 5 mins</b>
<b>Recovery</b>	<b>100m jog</b>	<b>100m jog</b>	<b>100m jog</b>	<b>100m jog</b>	<b>100m jog</b>	<b>100m jog</b>	<b>100m jog</b>
<b>300s</b>	<b>60s</b>	<b>60s</b>	<b>60s</b>	<b>60s</b>	<b>60s</b>	<b>60s</b>	<b>60s</b>
<b>1</b>	<b>56</b>	<b>57</b>	<b>53</b>	<b>57</b>	<b>57</b>	<b>57</b>	<b>58</b>
<b>2</b>	<b>57</b>	<b>58</b>	<b>55</b>	<b>59</b>	<b>58</b>	<b>59</b>	<b>59</b>
<b>3</b>	<b>56</b>	<b>58</b>	<b>55</b>	<b>58</b>	<b>58</b>	<b>59</b>	<b>59</b>
<b>4</b>	<b>55</b>	<b>56</b>	<b>52</b>	<b>57</b>	<b>56</b>	<b>57</b>	<b>58</b>
<b>5</b>	<b>54</b>	<b>56</b>	<b>51</b>	<b>56</b>	<b>56</b>	<b>57</b>	<b>57</b>
<b>6</b>	<b>54</b>	<b>57</b>	<b>53</b>	<b>57</b>	<b>57</b>	<b>58</b>	<b>59</b>
<b>7</b>	<b>53</b>	<b>55</b>	<b>52</b>	<b>56</b>	<b>56</b>	<b>56</b>	<b>58</b>
<b>8</b>	<b>53</b>	<b>55</b>	<b>52</b>	<b>56</b>	<b>56</b>	<b>56</b>	<b>59</b>
<b>9</b>	<b>52</b>	<b>55</b>	<b>53</b>	<b>55</b>			
<b>10</b>	<b>50</b>	<b>53</b>	<b>51</b>	<b>51</b>			
<b>11</b>							
<b>12</b>							
<b>13</b>							
<b>14</b>							
<b>15</b>							
<b>16</b>							
	<b>x10</b>	<b>x10</b>	<b>x10</b>	<b>x10</b>	<b>x8</b>	<b>x8</b>	<b>x8</b>
<b>Recovery</b>	<b>5 min rec</b>	<b>5 min rec</b>			<b>6 min rec</b>	<b>6 min rec</b>	
<b>Tempo</b>	<b>1600m</b>	<b>1600m</b>			<b>400m</b>	<b>400m</b>	
<b>Time</b>	<b>5.31</b>	<b>5.32</b>			<b>62.1</b>	<b>62.2</b>	
	<b>Calves</b>				<b>Tag 400</b>	<b>Tag 400</b>	
	<b>ok</b>				<b>at end</b>	<b>at end</b>	