

6.50 - 7.00pm

7pm

7.30pm

April 28th	Warmup Activities	Workouts: 2 min moderate, 1 min fast, 6 repeats [2 rests] Slope work: x 3, 100mts x 2 - 2 min.rest	Wide Game: Capture the flag
May 5th	Mini Tournament Week		
May 12th	Warmup Activities	Workouts: 2 min moderate, 1 min fast, 6 repeats [2 rests] Slope work: x 4, 100mts x 2 - 2 min rest	Wide Game: Fox and Hounds
May 19th	Warmup Activities	Track Activities: 4 x 100mt relays, rest, 400mts x 2 hurdles with rest. Track Activities: 4 x 100mt relays, 200mts x 2 - 2 min rest	Wide Game: Coastguards and Smugglers
May 26th	Warmup Activities	Time Trial Week	
June 2nd	Half Term		
June 9th	Warmup Activities	Track Activities: Pyramids 100/200/300/400m 400/300/200/100m	Wide Game: Capture the flag
June 16th	Warmup Activities	Track Activities: 800mts rest. Slope work: x 6, 100mts x 2 - 2 min rest Track Activities: 4 x 100mt relays	Wide Game: Fox and Hounds
June 23rd	Warmup Activities	Track Activities: 800mts rest. Slope work: x 8, 100mts x 2 - 2 min rest Track Activities: 4 x 100mt relays, repeat time permitting.	Wide Game: Coastguards and Smugglers
June 30th	Warmup Activities	Track Activities: 1200mts rest. Slope work: x 4, 100mts x 2 - 2 min rest Track Activities: 4 x 100mt relays, repeat time permitting.	Wide Game: Capture the flag
July 7th	Warmup Activities	Track Activities: 1500mts rest. 100mt Hurdles, repeat time permitting.	Wide Game: Fox and Hounds
July 14th	River run		
July 21st	Warmup Activities	Track Activities: 1500mts rest. 100mt Hurdles, repeat time permitting.	Wide Game: Coastguards and Smugglers
SUMMER HOLIDAYS			