

Track Thursday	At Tonbridge	300s	At Tonbridge	Recoveries	Near home	Near home			
	Michael	with	Polly	5,6,8,10 mins	Joseph	Jacob			
	Ellis	2 mins recovery	Moses	200 jog	Hunt	Hunt			
Lactate at start	5.3	1	58.3	200	29				
2x 800m tempo		2	58.3	200	29				
Lactate after 800s	4.7	3	57.0	300	40	3x1200m			
2 x 150m		4	56.5	400	58				
500m	83.8	5	55.9	500	75				
500m	84.6	6	57.3	6x200m	av 28.5				
500m	83.4	7	56.8						
Lactate after 3x500	HI (error)	8	53.2						
500m	84.9								
500m	84.3								
500m	84.4								
Lactate after 6x500	16.2								
Comment	Racing 1500		Racing 1500		Couldn't get	Couldn't get			
	Tuesday		Tuesday		to TAC	to TAC			
					as school	as school			
					trek	trek			
Friday Track	Group 1	Group 1		Group 1a	Group 1a	Group 1a	Group 1a	Group 1a	On own
400s 2 min rec	James	Cameron		George	Jack	Charlie	Isaac	Sean	Lily
1ks 3 min rec	Kingston	Chambers		Hopkins	Sharpe	Crick	Arnott	Molloy	Stack
Tempo	4.55	4.58	Tempo	3.57	3.57	3.58	3.57	4.58	
1600m			1200m						10 x 60s
3 mins recovery			3 mins + recovery						run
200m steady	31	31	200m steady	32	32	31	32	31	with 2 mins
200m steady	31	31	200m steady	32	32	32	32	31	walk
400m controlled	63	65	400m controlled	66	66	65	66	65	
400m controlled	63	65	400m controlled	65	65	65	65	65	
3 mins recovery			3 mins recovery						
1000m	2.42	2.50	800m	2.16	2.16	2.16	2.16	2.16	
1000m	2.44	2.51	800m	2.19	2.19	2.19	2.19	2.18	
1000m	2.43	2.49	600m	1.38	1.39	1.40	1.38	2.16 800m	
1000m	2.40	2.45	600m	1.31	1.36	1.38	1.32	2.12 800m	
1000m	2.36	2.39	3 mins 400m	58	59	57	62	2.04 800m	
Comment	Racing 1500m	One of best		Racing 1500m	Racing 1500m	Slight calf	Racing 1500m		Progressing
	Tuesday	sessions		Tuesday	Tuesday	cramp on	Tuesday		well
						warm down			
Friday Track	Group 2	Group 2		Group 2a	Group 2a		Group 2b	600s	On own
400s 2 min rec	Tom	Mark		Charlotte	Ollie		Jess	lap walk/jog rec	Jess
1ks 3 min rec	Lockhart	Pepper		Alexander	White		Poland	300s, 2 min rec	Murphy
Tempo	5.18	5.23	Tempo	3.58	3.58	Tempo	2.55	600m	2.01
1600m			1200m			800m		600m	2.03
3 mins recovery			3 mins + recovery			3 mins + recovery		600m	2.00
200m steady	31	32	200m steady	32	32	200m steady	33	300m	52.5
200m steady	31	33	200m steady	33	32	200m steady	35	300m	51
400m controlled	66	68	400m controlled	70	68	400m	75	300m	50.4
400m controlled	71	72	400m controlled	73	72	400m	77		
3 mins recovery			3 mins recovery			3 mins recovery			
1000m	3.07	3.08	800m	2.29	2.33 *	600m	2.04		
1000m	3.09	3.09	800m	2.29	2.29	600m	2.05		
1000m	3.06	3.09	600m	1.48	1.48	500m	1.41		
1000m	3.04	3.07	600m	1.48	1.47	500m	1.42		
1000m	2.58	2.59	400m	68	67	400m	76		
Comment	Racing 1500m	Racing 1500m			1st 800		Not racing		Could feel
	Tuesday	Tuesday			almost stopped		Sunday now		knee a bit on
					at 600m		Racing 1500m		600s
					Racing 1500m		Tuesday		
					Tuesday				