

Les' Squad

3 x 1000m (400m jog) 3'10" – 3-30" (76" - 84" per 400m)

5 x 400m (200m jog) 76" – 80"

5 x 200m (200m jog) AFAP

	1000	1000	1000	400	400	400	400	400	200	200	200	200	200
Abi													
James													
Kirsten													
Issy													
Sophia													
Katie													
Manisha													
Hannah R													
Emily SJ													
Marie													
Ella													