

TRACK SESSIONS *Guidance*

LOCATION:

Battersea Park Millennium Arena,
Carriage Dr E, London SW11 4NJ

START TIMES:

We host two club track sessions on a Tuesday:

- **The morning session** starts at **7:00** for a **7:10** start to go into a dynamic warm up.
- Please ensure you give yourself time to jog/warm up before (this can be around Battersea park or commuting to the track).
- We meet at the bandstand on the right-hand side of the track and start the warm up down by the 400m.

- **The evening session** starts at **6:15pm** for a **6:20pm** start to go into a dynamic warm up.
- Please ensure you give yourself time to jog/warm up before (this can be around Battersea park or commuting to the track).
- We meet at the bandstand on the right-hand side of the track and start the warm up at the 200m corner (on your left as you come into the arena).

INFORMATION:

- You will need to pay to use the track and facilities (£5.70). You can pay on arrival.
- Changing rooms, lockers and toilets are available.
- Please ensure you bring a water bottle.
- The reps should be hard however controlled and within your own ability.
- Please feel free to complete as much, or as little of the session as you wish to suit your ability and goals.
- Club kit or colours is preferred.

TRACK ETIQUETTE:

- Always run in an anti-clockwise direction.
- Never stand on the track and ensure it is safe to cross.
- Shout 'TRACK' to warn slower runners of your approach from behind when overtaking on the right hand side.
- Correct footwear must be worn at all times.
- Lane 1 + 2 : Timed intervals
- Lane 8: Warm up, Jogging and Recovery