

Aycliffe Running Club May session plan

Summer sessions.

Date	Session Description	Reps/Session pace suggestion/Recovery
<p>Tuesday 3rd</p> <p>Paul Dalton</p>	<p>New session Woodham Lane Woodham Way 1500m</p> <p>Everyone to meet at Cobblers Hall car park at 7pm (No one to meet at the Oakleaf)</p> <p>Session will be 1500 m loops around Woodham Lane and Woodham Way. The loop will be explained at the start of the session.</p>	<p>6,5 or 4 reps at 7/10 RPE with 60s recovery between reps</p>
<p>Thursday 5th</p> <p>Richard Campbell</p>	<p>Track session 400m reps.</p> <p>400m reps on the track.</p> <p>Warm up in the outside lanes from 6:15 pm Structured warm up will begin at 6:30 pm</p> <p>As always please remember to run your session in lanes 1-2 and take your recovery in the outside lanes</p>	<p>12,10,8 reps</p> <p>5k pace</p> <p>200m jog recovery in outside lanes</p>
<p>Tuesday 10th</p>	<p>Old Railway 3 mile handicap.</p> <p>The 2nd race in the ARC 3 mile trail summer handicap series. Names will be taken from 6:30pm at the Oakleaf Complex by John Burnside for those who wish to take part.</p> <p>First runners will start shortly after 7pm</p> <p>The route will be fully marked and there will also be a few marshalls.</p>	
<p>Thursday 12th</p> <p>John Firby</p>	<p>Oregon circuits</p> <p>Captain Firby to put us all through our paces.</p> <p>The session will consist of 300m reps followed by a strength exercise (eg jumping jacks, press ups etc..)</p> <p>A great fun session not to be taken too seriously. Loud music and fun exercises.</p>	<p>10 x 300s</p>

<p>Tuesday 17th</p> <p>Donna Campbell</p>	<p>Kenyan Hills Complex field hill Off road session This is the session that we did with Aly Dixon but will take place on the hills out the back of the Oakleaf Complex.</p> <p>The session will comprise 6 minutes of continuous Kenyan Hills followed by 6 x 20 sec hill sprints. There will be a short break before a further 4 mins of Kenyan Hills followed by 6 x 10 sec hill sprints.</p>	<p>Session will be fully led by a coach.</p>
<p>Thursday 19th</p> <p>John Firby</p>	<p>Track session 600m reps.</p> <p>600m reps on the track.</p> <p>Warm up in the outside lanes from 6:15 pm Structured warm up will begin at 6:30 pm</p> <p>As always please remember to run your session in lanes 1-2 and take your recovery in the outside lanes</p>	<p>8,7 or 6 reps</p> <p>5k pace</p> <p>200m jog recovery in outside lanes</p>
<p>Tuesday 24th</p>	<p>Old Railway 3 mile handicap. The 3rd race in the ARC 3 mile trail summer handicap series. Names will be taken from 6:30pm at the Oakleaf Complex by John Burnside for those who wish to take part. First runners will start shortly after 7pm The route will be fully marked and there will also be a few marshalls.</p>	
<p>Thursday 26th</p>	<p>NYMAC Relays. Your club captains will post more information regarding this event.</p>	
<p>Tuesday 31st</p> <p>Paul Dalton</p>	<p>Rope Moor Summer 1200m reps</p> <p>Please note that this session will start from the Navy Club at 7 pm and NOT the Oakleaf.</p> <p>1200m loop with 2 mins recovery between each rep. Warm up run from the Navy Cub to Cobblers Hall Estate. The session will start near the car park at the Pioneering Centre on Carer's Way.</p>	<p>4,3 or 2 reps</p> <p>5k pace</p> <p>2 mins standing recovery.</p>