

# Aycliffe Running Club April 2023 Session Plan

## Spring Sessions.

Date	Session Description	Reps/Session pace suggestion/Recovery	Coach
Tuesday 4th	<p><b><u>No time for a coffee break 500m reps.</u></b></p> <p>Meet at the Oakleaf Complex at 7pm for a warm up jog of roughly 1 mile to the start of the session on Hollin rd.</p> <p>Session &amp; loop will be explained in full before the start</p>	<p>10,8 or 6</p> <p>@10k pace</p> <p>100m jog recovery</p>	Donna Campbell
Thursday 6th	<p><b><u>Track session 800m reps</u></b></p> <p>800m reps on the track</p>	<p>6,5 or 4</p> <p>@5k pace</p> <p>200m jog recovery</p>	Anne & Alan Kellett
Tuesday 11th	<p><b><u>The Handicap Series Race 1</u>      <u>3k Race</u></b></p> <p>A series of 5 handicap races where slower runners set off first to give everyone a chance of winning, with race one being a 3k road effort.</p> <p>John Burnside will take names at the Oakleaf Complex from 18:30, Please have a recent 5k time handy.</p> <p>More info will be posted on Facebook closer to the time.</p>		John Burnside Richard Campbell
Thursday 13th	<p><b><u>Track session 200m Paarlauf</u></b></p> <p>Pair up with a partner of similar ability and take on 200m reps in a constant relay.</p>	<p>16,12,10</p> <p>Recovery across infield</p>	Donna Campbell

<p><b>Tuesday 18th</b></p>	<p><b><u>Rope Moor Summer 1200m reps</u></b></p> <p>Please note that this session will start from the <b>NAVY CLUB</b> at 7pm and <b>NOT</b> the Oakleaf Complex.</p> <p>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>Session &amp; loop will be explained in full before the start</p>	<p>4,3 or 2 reps</p> <p>@5k pace</p> <p>2 mins standing recovery.</p>	<p>Richard Campbell</p>
<p><b>Wed 19th</b></p>	<p><b><u>Tracey's Morning social run</u></b></p> <p>Meet at the Oakleaf Complex at 10am for a Multi terrain social run approx 4 miles at a relaxed conversational pace.</p>	<p>Conversational</p>	<p>Tracey Pickering</p>
<p><b>Thursday 20th</b></p>	<p><b><u>Track session 400m reps.</u></b></p> <p>400m reps on the track.</p>	<p>12,10 or 8</p> <p>@5k pace</p> <p>200m jog recovery</p>	<p>Tracey Pickering</p>
<p><b>Tuesday 25th</b></p>	<p><b><u>The "Hippos ear" 600m reps</u></b></p> <p>All members will meet at the <b>Navy club</b> at 7pm. The warm up will be a 1 mile jog along to Rope Moor where the session will begin</p> <p>Session &amp; loop will be explained in full before the start</p>	<p>8,7 or 6</p> <p>@5k pace</p> <p>90 seconds recovery</p>	<p>Richard Campbell</p>
<p><b>Wed 26th</b></p>	<p><b><u>Neptune Relays Hardwick park.</u></b></p> <p>Keep an eye on the social pages for info from your club Captains.</p>		
<p><b>Thursday 27th</b></p>	<p><b><u>Track session 1,2,3 mins timed reps</u></b></p> <p>Coach will time reps &amp; recoveries just turn up and run.</p>	<p>@5k/10k pace</p> <p>1 min recovery after each rep</p>	<p>Richard Campbell</p>