

Aycliffe running club May session plan

Summer sessions

Date	Session Description	Reps/Session pace suggestion/Recovery	Coach
Tuesday 2nd	<p><u>Heighington out & back</u></p> <p>All members to meet at Heighington (Not the Oakleaf) Members will run for 12 mins through Redworth towards Shildon, after 12 mins turn around and head back in the direction they came.</p>	10k pace.	Anne and Alan Kellett
Thursday 4th	<p><u>Track session</u></p> <p>1 min on 1 min off x 15. This is a continuous session with the coach on the whistle.</p>	15 Reps 3k pace Float/jog/walk recovery	Donna Campbell
Tuesday 9th	<p><u>Handicap race 2</u></p> <p>The old Railway 3 mile trail John Burnside will take names at the Oakleaf Complex from 6:30pm</p>		
Thursday 11th	<p><u>Partner 300s-ish</u></p> <p>Members will partner up with someone of similar ability in and out and back track relay.</p>	@5k pace	Donna Campbell
Tuesday 16th	<p><u>New session</u></p> <p>The Plantation Trail loop All members will meet at Cobblers hall car park and will jog a short warm up to the loop of Greenfield way. Each loop approx 700m</p>	8,6 or 5 reps. @5k pace 90 seconds recovery	Richard Campbell

Wednesday 17th	<u>Traceys 4 mile trail social</u> Meet at the Oakleaf Complex at 10am for a social 4 mile hunt for mud.		Tracey Pickering
Thursday 18th	<u>Track session</u> 5's, 4's, 3's with reducing recoveries.	3 or 4 of each set @5k pace	Tracey Pickering
Tuesday 23rd	<u>Walker lane hills</u> All members will jog from the Oakleaf along the lines to the start of the session.	10 reps @5k pace Jog back down hill for recovery	Donna Campbell
Thursday 25th	<u>No Track</u> NYMAC relays at Stewart park. Club Captains have posted on Facebook regarding this event		
Monday 29th	<u>Bank holiday out & back Wynyard</u> Social Out and Back session led by Tracey Pickering commencing at 9 a.m. More info Facebook closer to the time.		Tracey Pickering
Tuesday 30th	<u>School Aycliffe wetlands</u> <u>New loop</u> Off road loops of approx 800m. Members to meet at the School Aycliffe Community Centre. (Not the Oakleaf) There is no parking at the centre and therefore we would ask members to be considerate when parking around the estate.	7, 5 or 4 reps @5k pace 2 mins recovery	Richard Campbell