

# Aycliffe running club August session plan

## Summer sessions

Date	Session Description	Reps/Session pace suggestion/Recovery	Coach
Tuesday 1st	<p><b><u>Cobblers hall road/trail mix 1200m loop</u></b></p> <p>Please note this session starts from the <b>NAVY CLUB</b> at 7pm and <b>NOT</b> the Oakleaf Complex.</p> <p>Jog warm up from the Navy club to Cobblers hall estate. The session will start near the car park at the Pioneering centre on Carers way.</p> <p>Session and 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>	Richard Campbell
Thursday 3rd	<p><b><u>Track session 300m reps</u></b></p> <p>300m reps of a track 100m jog recovery</p> <p>Warm up from 6:15 pm. Session starts at 6:30pm</p>	<p>14,12 or 10</p> <p>@5k pace</p> <p>100m jog recovery</p>	Tracey Pickering
Tuesday 8th	<p><b><u>The ups n downs of Northfield way</u></b></p> <p>All members meet at the Oakleaf complex at 7pm. Warm up is a short jog across to Northfield way.</p> <p>Session will be reps up and down Northfield way.</p>	<p>14,12 or 10</p> <p>@5k pace/effort</p> <p>1 min recovery</p>	The AK's
Thursday 10th	<p><b><u>Track Graded mile night</u></b></p> <p>A night of mile races more will be posted on social media</p> <p>Warm up from 6:15 pm session starts at 6:30pm</p>		

<p><b>Tuesday 15th</b></p>	<p><b><u>School Aycliffe wetlands</u></b></p> <p>Off road loops approx 880m. Members meet at School Aycliffe Community Centre <b>(Not the Oakleaf)</b> There is no parking at the centre and therefore ask members to be considerate when parking around the estate.</p> <p>The Loop is approx 800m and all off road</p>	<p>7,5 or 4 reps</p> <p>@5k pace</p> <p>2 mins recovery</p>	<p>Richard Campbell</p>
<p><b>Thursday 17th</b></p>	<p><b><u>Track 200m partner Paarlauf</u></b></p> <p>Partner up with someone of similar ability to tackle 200m reps with a painfully short recovery ☐</p> <p>Warm up from 6:15 pm session starts at 6:30pm</p>	<p>16,14 or 12</p> <p>@5k pace</p> <p>Jog across infield for recovery</p>	<p>Donna Campbell</p>
<p><b>Tuesday 22nd</b></p>	<p><b><u>Rope moor 600m reps (Hippos ear)</u></b></p> <p>All members will meet at the Navy club at 7pm (Not the Oakleaf) The warm up will be a 1 mile jog along to rope moor where the session will begin.</p> <p>Session and 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>Tracey Pickering</p>
<p><b>Wednesday 23rd</b></p>	<p><b><u>Tracey's social daytime run</u></b></p> <p>More info to be posted on social media closer to the time.</p>		<p>Tracey Pickering</p>
<p><b>Thursday 24th</b></p>	<p><b><u>Track 600m reps</u></b></p> <p>600m reps around a track</p> <p>Warm up from 6:15 pm session starts at 6:30 pm</p>	<p>8,7 or 6</p> <p>@5k pace</p> <p>200m jog recovery</p>	<p>The AK's</p>
<p><b>Monday 28th</b></p>	<p><b><u>Bank holiday out and back</u></b></p> <p>More info to be posted on social media closer to the time.</p>		<p>Tracey Pickering</p>

<b>Tuesday 29th</b>	<b><u>Walker lane hills</u></b>  All members meet at the Oakleaf Complex at 7pm. Warm up will be a jog along the lines to Walkers lane.  All members will start and finish each rep at the same time.	10 reps  @5k pace  Jog down recovery	Donna Campbell
<b>Thursday 31st</b>	<b><u>NYMAC RELAYS</u></b>  <b><u>NO TRACK</u></b>  More info to be posted on social media		