Aycliffe running club July session plan
Summer sessions

Date	Session Description	Reps/Session pace suggestion/Recovery	Coach
Tuesday 4th	**Plantation trail loop reverse** All members will meet at Cobblers hall car park 7pm **(Not the Oakleaf)** and will jog a short warm up to the loop at the top of Burn lane.	8'6 or 5 reps @5k pace/effort 90 seconds recovery	Richard Campbell
Thursday 6th	**Track session 500m reps** 500m reps of a track 100m jog back recovery Warm up from 6:15 pm. Session starts at 6:30pm	10'8'6 reps @5k pace 100m jog back recovery	Tracey Pickering
Tuesday 11th	**Complex fields grass 800m loops** All members meet at the Oakleaf complex at 7pm for an ARC classic.	6'5'4 reps @5k pace/effort 2 mins recovery	Richard Campbell
Thursday 13th	**Track session 1 min on 1 min off** Timed coach led session of 1 minute of effort followed by 1 min of recovery. x 15 Warm up from 6:15 pm session starts at 6:30 pm	15 reps for all @3k pace	Donna Campbell

Tuesday 18th	**<u>The final Handicap race.</u>** John Burnside will take names at the Oakleaf Complex from 6:30 pm. The final course will be the Burnside blast road town loop starting and finishing at the Blue bridge on St Cuthberts way. If members don't want to take part in the warm up they can drive and find parking along St Cuthberts way		John Burnside Richard Campbell
Wednesday 19th	**<u>Traceys daytime social trail run.</u>** Location and route will be posted on club socials closer to the time.	Conversational pace	Tracey Pickering
Thursday 20th	**<u>Track session 400m reps</u>** 400m reps of a track followed by 200m jog recovery Warm up from 6:15 pm session starts at 6:30pm	12'10'8 @5k pace 200m jog recovery	Donna Campbell Richard Campbell
Tuesday 25th	**<u>Heighington out & back</u>** All members to meet at Heighington (**Not the Oakleaf**) Members will run 12 mins through Redworth towards Shildon, after 12 mins turn around and head back in the direction they came.	@10k pace	Richard Campbell
Thursday 27th	**<u>Bootcamp at the Oakleaf</u>** **(NO TRACK)** Bootcamp style workout with Strength & conditioning exercises And a little bit of running. Meet at the Oakleaf Complex at 6:30 pm		Tracey Pickering Donna Campbell.