

# Aycliffe running club September session plan

## Autumn/Winter sessions

**Please wear your fluorescent bibs/tops on all Tuesday sessions**

Date	Session Description	Reps/Session pace suggestion/Recovery	Coach
Tuesday 5th	<p><b><u>Flying 500s</u></b></p> <p>All members meet at the Oakleaf Complex at 7pm. Warm up will be approx 1 mile jog along to New lane (Lovers lane)</p> <p>Session will be uphill/Downhill repeats of 500m.</p>	<p>10,8,6,</p> <p>@5k pace</p> <p>1 min recovery</p>	The Aks
Thursday 7th	<p><b><u>Track session 800m reps</u></b></p> <p>800m reps of a track</p> <p>Warm up in outside lanes from 6:15 pm,Session starts at 6:30pm</p>	<p>6,5,4</p> <p>@5k pace</p> <p>200m jog recovery</p>	Tracey Pickering
Tuesday 12th	<p><b><u>Redworth way mile reps</u></b></p> <p>All members meet at the Oakleaf Complex at 7pm. Warm up jog to where Redworth way meets Fulbeck road on the industrial estate.</p> <p>Loop will be explained in full before the session starts.</p>	<p>4,3,2</p> <p>@5k pace</p> <p>2 mins recovery</p>	Richard Campbell
Thursday 14th	<p><b><u>Track session 400m reps</u></b></p> <p>400m reps of a track</p> <p>Warm up in outside lanes from 6:15 pm,Session starts at 6:30pm</p>	<p>12,10.8</p> <p>@5k pace</p> <p>200m jog recovery</p>	Donna Campbell

<p><b>Tuesday 19th</b></p>	<p><b><u>12 minutes Out and back from the blue bridge</u></b></p> <p>All members meet at the Oakleaf Complex at 7pm. Warm up will be an approx 1 mile jog to the Blue bridge on St Cuthberts way.</p> <p>All members will run 12 mins Heading towards the A167 and up past the Gretna pub towards Central ave after 12 mins members return in the same direction from which they came.</p>	<p>Maintain an even pace on both outbound and inbound legs aiming to return to start within the second 12 mins.</p>	<p>Richard Campbell</p>
<p><b>Thursday 21st</b></p>	<p><b><u>Track session, Out and back pyramid</u></b></p> <p>A timed coach led interval session.</p> <p>Warm up in outside lanes from 6:15 pm, Session starts at 6:30pm</p>	<p>All members start and finish each effort together.</p> <p>Coach will signal start and finish of each interval</p>	<p>Donna Campbell</p>
<p><b>Tuesday 26th</b></p>	<p><b><u>School Aycliffe missing phone box loops</u></b></p> <p>All members meet at the Oakleaf Complex at 7pm. Warm up jog along School Aycliffe lane to Eastfields estate.</p> <p>Loop will be explained in full before the session starts.</p>	<p>5,4,3 loops</p> <p>@5k pace</p> <p>Jog to bottom of hill recovery.</p>	<p>Tracey Pickering</p>
<p><b>Wednesday 27th</b></p>	<p><b><u>Traceys daytime social run</u></b></p> <p>More info to be posted on club social pages</p>	<p>Conversational pace</p>	<p>Tracey Pickering</p>
<p><b>Thursday 28th</b></p>	<p><b><u>Track session 5s,4s,3</u></b></p> <p>500m 400m 300m reps of a track</p> <p>Warm up in outside lanes from 6:15 pm, Session starts at 6:30pm</p>	<p>4 of each or 3 of each</p> <p>Alternate pace with distance 10k for 500s 5k for 400s 3k for 300s</p> <p>300m recovery for 500s 200m recovery for 400s 100m recovery for 300s</p>	<p>Richard Campbell</p>