

**Summer/Autumn Training Plan 2019 - Andrea and Sarahs Running Group**

<b>Monday</b>	<b>Session</b>	<b>Venue</b>	<b>Thursday</b>	<b>Session</b>	<b>Venue</b>	<b>Meet</b>
<b>19/8</b>	Social Group Run	TBC	<b>22/8</b>	Hill Loop	Billingham Country Park	TBC
<b>26/8</b>	Bank Holiday	No club session	<b>29/8</b>	NYMAC relays	Stewarts Park	No club session
<b>2/9</b>	Social Group Run	TBC	<b>5/9</b>	Steps	Wynyard Walkway	Wynyard Walkway
<b>9/9</b>	Social Group Run	TBC	<b>12/9</b>	Indian File	Route TBC	TBC
<b>16/9</b>	Social Group Run	TBC	<b>19/9</b>	Oregon Circuits	Flower Garden	TBC
<b>23/9</b>	Social Group Run	TBC	<b>26/9</b>	Fartlek Countdown	Route TBC	TBC
<b>30/9</b>	Social Group Run	TBC	<b>3/10</b>	Joint Session TBA	Tees Barrage	Talpore carpark
<b>7/10</b>	Social Group Run	TBC	<b>10/10</b>	400m reps 2@10k, 2@5k 1@mile, 1@5k, 1@10k	Carlton	TBC
<b>14/10</b>	Social Group Run	TBC	<b>17/10</b>	Aerobic Intervals	Greenwood Loop	TBC
<b>21/10</b>	Social Group Run	TBC	<b>24/10</b>	Varied Reps	Belasis Biz Park	Outside BRC
<b>28/10</b>	Social Group Run	TBC	<b>31/10</b>	Dice Hills	Wolviston Road	TBC
<b>4/11</b>	Social Group Run	TBC	<b>7/11</b>	200m reps x 12 (with 200m recovery)	Billingham Bypass Road	TBC

