

### Summer/Autumn Training Plan 2019 - Gary Dack

Monday	Session	Venue	Thursday	Session	Venue	Meet
5/8	10K Recovery Run	Norton	8/8	Tempo with IF	Cowpen Country Park	Cowpen Country Park
12/8	10K Recovery Run	Norton	15/8	5X1K	Belasis	Outside BRC
19/8	10K Recovery Run	Norton	22/8	Pyramid Joint Session	Belasis Pond	Outside BRC
26/8	Bank Holiday	No club session	29/8	NYMAC relays	Stewarts Park	No club session
2/9	10K Recovery Run	Norton	5/9	400/800x4	Country/Ecology Park	Country/Ecology Park
9/9	10K Recovery Run	Norton	12/9	Hill Reps	Sandy Lane	BRC or Top of Sandy Lane
16/9	10K Recovery Run	Norton	19/9	4x mile	Seaton Carew	Car park with toilets on park run course
23/9	10K Recovery Run	Norton	26/9	12x400	Country/Ecology Park	BRC or Country Park
30/9	10K Recovery Run	Norton	3/10	Joint Session TBA	Tees Barrage	Talpore carpark
7/10	10K Recovery Run	Norton	10/10	6x off the top hills	Smiths Arms Loop	TBC
14/10	10K Recovery Run	Norton	17/10	5x1K	Belasis	Outside BRC
21/10	10K Recovery Run	Norton	24/10	12X400	Carlton Crescent	Northfield School Sorts Centre Carpark
28/10	10K Recovery Run	Norton	31/10	Brexit Tempo IF	Crispy loop	Outside BRC

