

Summer/Autumn Training Plan 2019 - Ian Harris

Monday	Session	Venue	Thursday	Session	Venue	Meet
5/8	10K Recovery Run	TBC		8/8 Continuous Hills	Cowpen Country Park	Cowpen Country Park
12/8	10K Recovery Run	TBC		15/8 1km reps x 5	Railway Bridge to Rugby Club	Outside BRC
19/8	10K Recovery Run	TBC		22/8 Pyramid Session (Possible 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	TBC		5/9 Double Hills	Sandy Lane	Outside BRC
9/9	10K Recovery Run	TBC		12/9 Tempo (3 Loops x 2)	Billy Bottoms	Outside BRC
16/9	10K Recovery Run	TBC		19/9 Progression Run (3 Loops x 2)	Greenwood Road	Outside BRC
23/9	10K Recovery Run	TBC		26/9 Figure of 8	Tesco Billingham Bottoms	Outside BRC
30/9	10K Recovery Run	TBC		3/10 Joint Session TBA	Tees Barrage	Talpore carpark
7/10	10K Recovery Run	TBC		10/10 Mile Reps	Greenwood Road	Outside BRC
14/10	10K Recovery Run	TBC		17/10 Indian File	Stoney Oak Loop	Outside BRC
21/10	10K Recovery Run	TBC		24/10 Pyramid Hill Session	Railway Bridge	Outside BRC
28/10	10K Recovery Run	TBC		31/10 6 x 800m	Belasis Biz Park	Outside BRC
4/11	10K Recovery Run	TBC		7/11 Lamppost Hill Session (2 sets)	Tesco Garage	Outside BRC
11/11	10K Recovery Run	TBC		14/11 Reps (3 Short/3 Long)	Melrose Ave	Outside BRC
15/11	10K Recovery Run	TBC		21/11 3 x 400m (@10k/5k/Mile pace)	Belasis Biz Park	Outside BRC
25/11	10K Recovery Run	TBC		28/11 Long and Longer Repeats!	Crispy	Outside BRC

