

## AUTUMN 2016 - Kings Playing Field - Tuesdays 6:15pm

Date	Session	Notes
4 <sup>th</sup> October	St. Machar for hills (meet at Kings)	Road shoes (and headtorches probably useful)
11 <sup>th</sup>	Acceleration Accumulator can you go faster every rep?	
18 <sup>th</sup>	Parlauf - 20 min - matched pairs running alternate half laps	
25 <sup>th</sup>	Hill at Seaton Park - over & back continuous	Reflective tops & road shoes
1 <sup>st</sup> November	Pyramid Out-Back - 5 reps starting at 1m40s	
8 <sup>th</sup>	10x400m	
15 <sup>th</sup>	Whistle fartlek	
22 <sup>nd</sup>	Hill at Seaton Park - over & back continuous	Reflective tops & road shoes
29 <sup>th</sup>	Pyramid Out-Back - 5 reps starting at 1m40s	
6 <sup>th</sup> December	10x400m	
13 <sup>th</sup>	Pyramid Out-Back - 5 reps starting at 1m45s	
20 <sup>th</sup>	Parlauf	