

AUTUMN 2019 - Kings Playing Field - Tuesdays 6:15pm

Date	Session	Notes
1st October	St. Machar for cathedral hills (meet at Kings)	Leave 6:15pm sharp
8th	Acceleration Accumulator can you go faster every rep?	
15th	Parlauf - 20 min - matched pairs running alternate half laps	
22nd	Hill at Seaton Park - over & back continuous	Reflective tops & road shoes
29th	Pyramid Out-Back - 5 reps starting at 1m40s	
5 th November	Rugby pitch 60s	
12th	75,jog,3m10s,jog.	
19th	Hill at Seaton Park - over & back continuous	Reflective tops & road shoes
26th	Pyramid Out-Back - 5 reps starting at 1m45s	
3rd December	Rugby pitch 65s	
10th	75,jog,3m10s,jog.	
17th	Parlauf	