

Remember Adult Sessions on Tuesdays will leave the Complex at 7.00pm

Aycliffe Running Club Training Plan February 2015

Februray	GROUP A 34 to 45 min 10k		GROUP B 40 to 55 min 10k		GROUP C 55 to 70 min 10k	
	Session	Recovery	Session	Recovery	Session	Recovery
Tues 3rd	Run down to Blue Bridge for warm up, All groups.					
	Run Johns 3mile Town A167 loop at 10k pace 90%, slowest runners setting off 1st and fastest last @ 30secs intervals.					
	Run back to Complex for warm down,					
Safety	WATCH FOR OUT FOR UNEVEN PAVING AND POOR LIGHTING NEAR GRETNA ALSO WATCH OUT FOR TRAFFIC AT JUNCTIONS !					
Total miles	6 miles aprox		6 miles		6 miles	
Route	http://www.fetcheveryone.com/route-21357					
Thurs.5th	6x 800 @ 3k pace	[2'] jog 200m	5x800 @ 3 k pace	[2]	4x800 @ 3 k pace	[3]
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Tues 10th	A & B Groups run from Complex to the start of session near Navy Club C group runners set off a few mins early or meet at Navy club					
	Blue Bell Est. loops	[2']	Blue Bell Est. loops	[2']	Blue Bell Est. loops	[3]
	4 x long loops 1200m		2 x long loops 1200m		4 x short loops 800m	
	alternating 10k pace		2 x short loops 800m		alternating 10k pace	
			alternating 10k pace			
Notes	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!					
Safety						
Total miles	6 miles aprox		5.5 miles		5 miles	
Route	http://www.fetcheveryone.com/routes-view.php?id=25491					
Thurs. 12th	4 x 200m	jog 200m for rec.	4 x 200m	as A	2 x 200m	as A
	8 x 400m	[90' to 2']	6 x 400m		6 x 400m	
	4 x 200m		4 x 200m		2 x 200m	
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Tues 17th	note: those doing 5 mile will be in a separate group as the difference in speeds makes impossible to keep every one together					
	15 x 1 mins total 15mins fast		Run Back for slower runners on reps.			
	with 2 min recovery		Run Back for slower runners on reps.			
	7m Industrial est. (winter loop)		as A group but 3 sets	[2']	as B group for shorter	[2']

Don't forget to always warm up and warm down and stretch properly afterwards especially on Thursdays

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Route	A167 town loop 10k pace		jog back for C Group		5 m loop cut off at	
Notes	jog back for B & C Groups				Ness but not alone	
	6.7 miles for full loop		6.7 m. or 5 miles		5 miles for shorter loop	
	run at 5k pace, jog back on recoveries for slower runners!				Run Back for slower runners on reps.	
Safety	Run Back for slower runners on reps.					
Thurs. 19th	12x400 @ 5k pace	[200m rec 2mins']	10x400 @ 5k pace	as A	8x400 @ 5k pace	as A [3']
	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Tues 24th New	A & B Groups run from Complex to the start of session near Cobblers Hall shops and meet up with C group (C group meet outside Pub at 19.10)					
	Woodham 1.6 mile loops					
	Woodham Village loops	[3']	as A	[3']	as A	[4']
	2 x 1.6 m loops					
	alternating 10k pace		alternating 10k pace		alternating 10k pace	
Notes	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!					
Safety						
Total miles	6.4 miles aprox		6.4 miles		4 miles	
Route	http://www.fetcheveryone.com/route-21237					
Thurs.26th	200m - 400m - 600m - 800m -	200m jog rec. lane 3 & 4	200m - 400m - 600m -	200m as A	As B But 2 mins rec.	
	1000m- 800m - 600m - 400m -		800m - 600m - 400m -			
	200m		200m -			
Note:	Run at 5k pace					
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					

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