

Aycliffe Running Club March Training Session's

During winter months please make sure you wear something hi-viz and reflective

DATE	Session Description	Reps/Session pace suggestion/Recovery
<p>Tuesday 1st Richard</p>	<p>Out ' N ' Back from the Blue Bridge. All members will meet at the Oakleaf complex at 7pm. Warm up will be a 1 mile jog to the blue bridge on St. Cuthberts way. All runners will then run for 10 mins towards the A167 then up towards central ave. At the 10 min mark all runners will turn and head back in the direction they came from.</p>	<p>If you're brave, 5k pace if you're sensible 10k pace. The overall idea is to pace yourself correctly in the first 10 minutes so you can return to the finish within the second 10 minutes.</p>
<p>Thursday 3rd Paul</p>	<p>Track session 500M reps Members can now warm up on the outside lanes of the track from 6:15pm Please be respectful of the junior section and listen to any instruction from the junior Coaches. Structured warm up will begin at 6:30pm followed by the main session of 500m reps. Please run the session in single file. The session will conclude with stretching.</p>	<p>10,8 or 6 reps Recovery is 100m jog back in OUTSIDE LANES! 5k pace. 8-9 RPE.</p>
<p>Saturday 5th</p>	<p>NEHL Alnwick - Further information will be posted on Facebook by your club Captains.</p>	
<p>Sunday 6th</p>	<p>NYSD Whitby- Further information will be posted on Facebook by your club Captains.</p>	
<p>Tuesday 8th Richard</p>	<p>Woodham loops All members will meet at the Navy club at 7pm. Warm up will be a short jog to the corner of Woodham Way, Burnhill Way where the session begins. The rep will start along Burnhill Way turning right at the roundabout onto Woodham Way then continue to follow Woodham Way past the Huntsman back to Burnhill Way. Each loop is roughly 1.6 mile.</p>	<p>1-2 reps 2 minutes recovery between each rep. 5k - 10k pace.</p>

<p>Thursday 10th</p> <p>Donna</p>	<p>Track session 300m reps</p> <p>300m reps split into 2 halves. Members will take a 400m recovery break at their respective halfway point. Eg .. if you're doing 10 reps take a 400m recovery after 5 reps.</p> <p>Please run the Session in single file .</p>	<p>14,12.10 reps.</p> <p>100m recovery</p> <p>3k pace. 8-9.5 RPE</p>
<p>Tuesday 15th</p> <p>Richard And Anne and Alan</p>	<p>One minute on one minute off.</p> <p>All members will meet at the Oakleaf complex at 7pm. Warm up will be a roughly 1 mile jog to St. Clare's Church on central ave. Members will be split into two groups, A & B. Both groups will have an appointed coach/leader. Members will then run One minute intervals starting along Central ave onto the A167 through Aycliffe village returning to the Oakleaf through the industrial estate. B group will run a shorter loop Turning off the A167 at St. Cuthberts way returning to the Oakleaf via Pease way.</p> <ul style="list-style-type: none"> • Coaches/Leaders will time intervals and keep groups on track. 	<p>A group 24 x 1 minute. B group 16 x 1 minute.</p> <p>At the end of each effort all members MUST regroup during recovery.</p> <p>3k -5k pace 8-9.5 RPE.</p>
<p>Thursday 17th</p> <p>Richard</p>	<p>Track session 1k reps</p> <p>1k reps (2 ½ laps) of the track with 200m recovery.</p> <p>Please run the session in single file.</p>	<p>6,5,4 reps</p> <p>200m jog recovery. MUST BE TAKEN IN THE OUTSIDE LANES!!</p> <p>5k pace. 8-9 RPE</p>
<p>Saturday 19th</p>	<p>Thornley Hall Relays. Thornley hall farm Peterlee Further information will be posted on Facebook by your club Captains.</p>	
<p>Tuesday 22nd</p> <p>Donna</p>	<p>The "Hippos ear" 600 Solution. All members will meet at the Navy club at 7pm. The warm up will be a 1 mile jog along to Rope Moor where the session will begin.</p> <p>The loop itself will take in the inner path of Rope Moor before turning right onto Cobblers Hall road. It's all one continuous loop.</p>	<p>10,8,6 reps</p> <p>90 seconds recovery. This is a standing recovery but please do try to keep moving.</p> <p>5k pace, 8-9 RPE</p>

<p>Thursday 24th</p> <p>Richard and John</p>	<p>NEW EVENT “The Hound & Hare Handicap” 5k Track handicap. 12.5 laps of track heaven. An ideal opportunity to set a 5k PB. More details will follow closer to the time.</p> <p>Usual handicap rules slower runners to set of first faster runners attempt to chase them down.</p>	<p>Treat it as a race/time trial.</p>
<p>Sunday 27th</p>	<p>NYSD Relays South park Darlington. Further information will be posted on Facebook by your club Captains.</p>	
<p>Tuesday 29th</p> <p>Anne and Alan</p>	<p>Preston road 2 x 2 mile loops.</p> <p>All members will meet at the Oakleaf Complex at 7pm. Warm up will be a short jog to the start of the loop on Hurworth road, The session loop will be 2 mile down Preston Road left onto Whinbank Road left onto Horndale ave and back onto Preston Road to finish.</p> <p>Your recovery will be a jog back to start point approx... 2 mins.</p>	<p>1 Or 2 reps</p> <p>2 mins recovery .</p> <p>5k if you're brave, 10k pace if you are sensible.</p>
<p>Thursday 31st</p> <p>Donna</p>	<p>Track session 200m reps</p> <p>200m reps ½ lap of the track. Session to be split into 2 halves members will take a 400m recovery break at their respective halfway points. Eg.. if you're doing 12 reps take 400m jog after 6 reps then restart.</p> <p>Please run the session in single file .</p>	<p>16,14,12 1 min recovery This is a standing recovery but please try to keep moving. 400m recovery at halfway point.</p> <p>3k pace 9 RPE</p>

Our sessions are suitable for all abilities, don't be afraid to come along and try one of our sessions out. You can do as much or as little as you like .