

## Aycliffe Running Club – Training Schedule – July 2022

Time and Date of Session	Meeting Point	Session	Pace	Coach
<b>7pm, Tuesday, 5<sup>th</sup> July 2022</b>	Oakleaf Sports Complex	<p><b>School Aycliffe Hill Reps</b> - The session will commence with a warm-up run to the session start point at the bottom of Eastfields Road (approximately one mile).</p> <p>Starting from the bottom of the hill, Members will run straight up the steep section of the hill over the top onto the flat section, stopping just prior to the junction with School Aycliffe Lane. Focus should be on good form and technique. Recovery will then be a jog back down to the bottom of the hill to start the next rep.</p> <p>A Group will undertake 10 Hill Reps; B Group will undertake 8 Hill Reps; C Group will undertake 6 Hill Reps.</p> <p>The session will conclude with a cool down run as we return to the Oakleaf Sports Complex, followed by some static stretching.</p>	Whilst Members will not reach the equivalent pace, they should be aiming to run each rep at 5K pace effort, or at a Rate of Perceived Effort (RPE) of 8.5.	Anne KELLETT Alan KELLETT
<p><b>6.30pm, Thursday, 7<sup>th</sup> July 2022</b></p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	Stadium 2000, Sunnydale Leisure Centre	<p><b>800m Reps</b> - The session will commence with a brief warm-up, dynamic stretches, drills and/or strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.</p> <p>The Main Session will be, as follows: A Group - 8 x 800m w/60s rec. between reps; B Group - 6 x 800m w/60s rec. between reps; C Group - 5 x 800m w/60s rec. between reps.</p> <p><i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3. Recoveries should be taken in the outside lanes (Lanes 5 and 6).</i></p> <p>The session will conclude with a cool down run and some static stretching.</p>	As this session is high reps/short recovery, you should aim to run each rep. at a Threshold pace (that being a pace you could maintain for an hour), or a Rate of Perceived Effort (RPE) of 7 or 8. It should feel comfortably hard, but manageable. Members should aim to maintain consistency across the reps.	Paul DALTON
<p><b>7pm, Tuesday, 12<sup>th</sup> July 2022</b></p> <p>(John Burnside will take names from 6.30pm onwards)</p>	Oakleaf Sports Complex	<p><b>Club Trail Handicap Race</b> – The fifth race in the Summer Three Mile Trail Handicap Series. John Burnside will take names at the Oakleaf Sports Complex from 6.30pm onwards.</p> <p>If have not registered a time in the Handicap Series, please have a recent 5K time/performance to hand. The route will be marked, and there will be an odd marshal or two for those who don't know the route. The first runners will set off at 7pm.</p>	-	John BURNSIDE Jane BURNSIDE

		If you are not running, and are available, assistance is always welcome and appreciated.		
<p><b>6.30pm, Thursday, 14<sup>th</sup> July 2022</b></p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	Stadium 2000, Sunnysdale Leisure Centre	<p><b>'Mona Fartlek'</b> - The session will commence with a brief warm-up, dynamic stretches, drills and strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.</p> <p>The Mona Fartlek is a classic speed session. The session features efforts of 2 x 90 seconds, 4 x 60 seconds, 4 x 30 seconds and 4 x 15 seconds, with a recovery that is the equivalent time of the effort completed (90 seconds on, 90 seconds off, and so on). The complete time taken for the session is 20 minutes, though we will be looking to complete it twice with a four-minute recovery in between. As the efforts become shorter in time, the intensity/effort should increase.</p> <p>Efforts will start and stop on the blast of a whistle from the Coach.</p> <p>The session will conclude with a cool down run and some static stretching.</p>	<p>90s efforts should be performed at 10K pace (RPE 8);</p> <p>60s efforts should be performed at 5K pace (RPE 8.5);</p> <p>30s efforts should be ran at 1 Mile pace (RPE 9);</p> <p>15s efforts should be performed as Maximum Velocity running (RPE 9.5)</p> <p>Recoveries should be a jog recovery (RPE 3).</p>	Donna CAMPBELL
<p><b>7pm, Tuesday, 19<sup>th</sup> July 2022</b></p>	Navy Club, Bluebell Way	<p><b>'600 Solution' (affectionately known as the 'Hippo's Ear')</b> - The session will commence with a warm-up run to the session start point on Rope Moor Way. Each 600m rep. will start at the first crossing point on the inner path on Rope Moor Way (entrance nearest to Burn Lane) and will follow the full length of the inner path (taking care as you cross Bloomesley Close!), before turning right into Cobblers Hall Road. The end of each rep is the lamp post just before you re-enter Rope Moor Way again. It is one nice big loop!</p> <p>The individual group sessions are as follows:</p> <p>A Group – 10 Reps, with 90 seconds recovery between each rep.;</p> <p>B Group – 8 Reps, with 90 seconds recovery between each rep.;</p> <p>C Group – 6 Reps, with 90 seconds recovery between each rep.</p> <p>The session will conclude with a cool down run as we return to the Navy Club, followed by some static stretching.</p>	<p>Each rep should be undertaken at 10K pace (RPE 8), so you should be working at a quite hard, but manageable and controlled, pace.</p> <p>Members should aim to maintain consistency across the reps.</p>	Richard CAMPBELL
<p><b>6.30pm, Thursday, 21<sup>st</sup> July 2022</b></p> <p>(Warm Up from</p>	Stadium 2000, Sunnysdale Leisure Centre	<p><b>Double Pyramid</b> - The session will commence with a brief warm-up, dynamic stretches, drills and strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.</p> <p>Members will run efforts of 200m, 400m, 600m, 800m, 600m, 400m, 200m,</p>	In terms of pacing, Members should be aiming to run each effort at 5K pace, or at a Rate of Perceived Effort	Paul DALTON

<p>6.15pm in the outside lanes)</p>		<p>with a 200m jog recovery between each rep., and a 400m jog recovery after the final 200m rep.</p> <p>Members will then start to climb the second pyramid of 200m, 400m, 600m, 400m, 200m, again with a 200m jog recovery between each effort.</p> <p>(The C Group should miss the 800m rep in the first set, and the 600m rep in the second set).  <i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3. Recoveries should be taken in the outside lanes (Lanes 5 and 6).</i></p> <p>The session will conclude with a cool down run and some static stretching.</p>	<p>(RPE) of 8.5.</p>	
<p><b>7pm, Tuesday, 26<sup>th</sup> July 2022</b></p>	<p>Oakleaf Sports Complex</p>	<p><b>Redworth Way 1K Road Reps</b> - The session will commence with a warm-up run to the session start point. The session itself will take place around the Coatham Avenue and Redworth Way loop on the Aycliffe Business Park ('the Industrial Estate').</p> <p>The session itself is structured as follows:</p> <p>'A Group' - 8 x 1K Reps;  'B Group' - 6 x 1K Reps; and  'C Group' - 4 x 1K Reps.</p> <p>Each group will receive a 90s recovery between each rep.</p> <p>The session will conclude with a cool down run and some static stretching.</p>	<p>Each rep should be undertaken at 10K pace (RPE 8), so you should be working at a quite hard, but manageable and controlled, pace.</p> <p>Members should aim to maintain consistency across the reps.</p>	<p>Richard CAMPBELL</p>
<p><b>6.30pm, Thursday, 28<sup>th</sup> July 2022</b></p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p><b>200s</b> - The session will commence with a brief warm-up, dynamic stretches, drills and strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.</p> <p>The Main Session features sets of 200m reps.</p> <p>A Group – 4 x (5 x 200m efforts, with 200m jog recovery);  B Group – 4 x (4 x 200m efforts, with 200m jog recovery); and  C Group – 3 x (4 x 200m efforts, with 200m jog recovery).</p> <p><i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3. Recoveries should be taken in the outside lanes (Lanes 5 and 6).</i></p> <p>The session will conclude with a cool down run and some static stretching.</p>	<p>200m efforts should be ran faster than 5K pace (RPE 8.5+);</p> <p>Recoveries should be a jog recovery (RPE 3).</p> <p>Each Group should take a 2:00 recovery between sets.</p>	<p>John FIRBY</p>