

Aycliffe Running Club – Training Schedule – August 2022

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>7pm, Tuesday, 2nd August 2022</p>	<p>Navy Club, Bluebell Way</p>	<p>'600 Solution' (affectionately known as the 'Hippo's Ear') - 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.; B Group – 8 Reps, with 90 seconds recovery between each rep.; 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>All Groups should be aiming to run each loop/rep at 10K pace (RPE 8, or at a pace that allows them to say a few words before refocusing on their breathing).</p>	<p>Richard CAMPBELL</p>
<p>6.30pm, Thursday, 4th August 2022</p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>Oregon Circuits – A combination of both endurance and Strength and Conditioning.</p> <p>Members will complete 10 x 300m reps with a mix of exercises after each 300m, designed to improve balance, core strength and power. The number of reps on the exercise will vary for Groups A, B and C.</p> <p>The 300m rep should be ran at a comfortable pace.</p> <p>The session will include a structured Warm Up and Cool Down, plus a 'finisher' drill.</p>	<p>The 300m rep should be ran at a comfortable pace.</p>	<p>John FIRBY</p>

<p>7pm, Tuesday, 9th August 2022</p>	<p>Oakleaf Sports Complex</p>	<p>Walker Lane Hill Reps - This is a great all-inclusive session where all Members start each rep. together and finish each rep. at the same time.</p> <p>The session will commence with a warm-up run to the session start point, which is the gate at the bottom of the hill.</p> <p>In terms of the session itself, when the first runner reaches the top (the 'Witches Tree'), they shout and all runners stop, perhaps mark their own finishing spot and jog back down for recovery. The intention is then to reach or exceed your 'mark' on each rep., before the first runner reaches the Witches Tree.</p> <p>10 Hills for the A Group; 8 Hills for the B Group; and 6 Hills for the C Group.</p> <p>The session will conclude with an easy run back to the Oakleaf Sports Complex, followed by some static stretches.</p>	<p>Whilst Members will not reach the equivalent pace, they should be aiming to run each rep at 5K effort, or at a Rate of Perceived Effort (RPE) of 8.5.</p>	<p>Donna CAMPBELL</p>
<p>6.30pm, Thursday, 11th August 2022</p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>Out and Back Timed Pyramid (1, 1, 2, 2, 3, 3, 4, 4, 3, 3, 2, 2, 1, 1) - The session will commence with a brief warm-up. Rather than a pyramid session based on running for increasing and decreasing distances, we are going to be running for increasing and decreasing periods of time. The session is suitable for all abilities and is completely inclusive, as runners should start and finish each rep together!</p> <p>Commencing from the start/finish line, all runners will run anti-clockwise for one minute. Once the minute is up (signalled by a blast on the whistle) all runners will stop where they are and take a standing recovery for 30 seconds. Some runners may have run further around the track than others, but that certainly doesn't matter in the context of this session. On the next blast of the whistle, all runners will then run</p>	<p>Runners are looking to run each effort at a RPE of 8.5. This should feel as though you are breathing hard and could perhaps exchange one or two words with the person beside you, but not much more than that.</p> <p>If you are aware of your 5K race pace, you might think of it as a similar pace to this.</p>	<p>Richard CAMPBELL</p>

		<p>clockwise for one minute. If everyone paces their run correctly, all runners should cross the start/finish line together. Runners will then receive a further 30 seconds recovery.</p> <p>We will then repeat the exercise for two minutes (with a one-minute standing recovery between reps, and at the conclusion of the rep); and then for three minutes (with a 90 second standing recovery between reps, and at the conclusion of the rep); and then for four minutes (with a two-minute standing recovery, and at the conclusion of the rep). We will then work our way back down the pyramid once again (Three minutes, two minutes, one minute), continuing to take a 50% recovery on each occasion.</p> <p>As the time periods increase, runners may complete more than one lap of the track, in which case they will need to remember to un-lap themselves on the return leg.</p> <p>The whole session takes 48 minutes, but only actually includes 32 minutes of running, with plenty of recovery built in throughout the session. The session will conclude with a cool down run and some static stretching.</p>		
<p>7pm, Tuesday, 16th August 2022</p>	<p>Navy Club, Bluebell Way,</p>	<p>Rope Moor Summer 1200m Loop - Each loop is approximately 1200m and features a mixture of road and light trail path.</p> <p>The session itself starts on the path adjacent to the car park of the Pioneering Care Partnership Centre.</p> <p>The 'A Group' are looking to complete 5 loops/reps; The 'B Group' should be aiming for 4 loops/reps; and The 'C Group' are aiming to complete 3 loops/reps.</p> <p>and take a 90s recovery between each loop/rep.</p> <p>As mentioned, each loop/rep has a trail section (around the Balancing</p>	<p>All Groups should be aiming to run each loop at 10K pace (RPE 8, or at a pace that allows them to say a few words before refocusing on their breathing).</p>	<p>Anne KELLETT Alan KELLETT</p>

		<p>Pond). Road shoes should still be fine, but if it rains you may want to consider an older pair, or a light trail shoe.</p> <p>We will cool down with a run back to the Navy Club and conclude with some static stretches.</p>		
<p>6.30pm, Thursday, 18th August 2022</p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>Tumbling Pyramid - 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 itself is structured, as follows</p> <p>4 x 500m, with 300m jog recovery; 4 x 400m, with 200m jog recovery; and 4 x 300m, with 100m jog recovery.</p> <p>(The C Group should miss a rep. out on each set).</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>All Groups should be aiming to run each rep at 5K pace (RPE 8.5, or at a pace that allows them to say a couple of words before refocusing on their breathing).</p>	<p>John FIRBY</p>
<p>7pm, Tuesday, 23rd August 2022</p>	<p>Oakleaf Sports Complex</p>	<p>Boating Lake 800s - Warm up will include an easy run from the Oakleaf Sports Complex, and a recce of the route Members will be taking throughout the session.</p> <p>Each rep. starts on the path alongside the Woodham Burn, and follows the loop around the park, with each repetition finishing just before the starting point. A 60s recovery should be taken between each rep.</p>	<p>All Groups should be aiming to run each loop/rep at 10K pace (RPE 8, or at a pace that allows them to say a few words before refocusing on their breathing).</p>	<p>Paul DALTON</p>

		<p>The A Session is 8 reps; The B Session is 6 reps; and The C Session is 4 reps.</p> <p>Cool down will be an easy run back to the Oakleaf Sports Complex, followed by some static stretches.</p>		
6.30pm, Thursday, 25th August 2022	-	SESSION CANCELLED TO ENCOURAGE PARTICIPATION IN THE TOM WALL RELAYS (AND TO ALLOW MEMBERS OF THE COACHING TEAM TO PARTICIPATE TOO)	-	-
9.30am, Monday, 29th August 2022 (Bank Holiday Social Run)	Car Park, Wynyard Woodland Park	<p>Bank Holiday Out and Back (Castle Eden Walkway, Wynyard Woodland Park) – As a Bank Holiday Social Run we will undertake an out and back run along the Castle Eden Walkway. If Members could perhaps think about car-sharing too, to advance our green credentials.</p> <p>Members will run Northwards towards Station Town for 30 minutes before turning around and come back the way you came. The idea being to reach the start point just as the second 30 minutes comes to an end.</p> <p>We will conclude with some static stretches.</p> <p>Hopefully the café at the station will be open, so if you bring some pennies we could all perhaps grab a sausage or bacon bun afterwards (I'm sure vegetarian options will be available).</p>	You could aim to run at threshold pace, perhaps aiming to run at RPE 7 (ie. HM effort), however if you wish to treat this as a social, or easy, run, please feel free to do so. This is just an opportunity to get out together for a run and a chat...	Paul DALTON
7pm, Tuesday, 30th August 2022	Oakleaf Sports Complex	<p>Hawthorn Drive 400m - We commence with a warm-up run along School Aycliffe Lane to The Chestnuts.</p> <p>Each 400m rep. will be ran in a clockwise direction on the inner path of Hawthorn Drive and will start at the lamp post opposite Juniper Close. Staying on the inner path, follow Hawthorn Drive all the way around (it's one big loop!) until you reach the lamp post just before the</p>	As these are shorter reps, you might want to look at completing each rep at approximately 5K pace, or a Rate of Perceived Effort (RPE) equivalent to 8.5.	Paul DALTON

		<p>entrance to Tamarind Close. This marks the end of your 400m Rep.</p> <p>Take a walk/jog recovery around the 'T' that is Tamarind Close (approximately 90s), and once you get back to the starting point on Hawthorn Drive, away you go again on your next rep. No standing recoveries tonight!</p> <p>The 'A' Group are looking to complete 12 x 400m Reps; The 'B' Group are aiming to complete 10 x 400m Reps; and The 'C' Group are seeking to complete 8 x 400m 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>		
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