

Aycliffe Running Club – Training Schedule – November 2022

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>7pm, Tuesday, 1st November 2022</p>	<p>Navy Club, Bluebell Way, Newton Aycliffe</p>	<p>Woodham Loops: We will initially meet at 7pm at the Navy Club (at the bottom of Bluebell Way) - please note that we are NOT meeting at the Oakleaf Sports Complex this evening. We will warm up with a run to the top of Woodham Way.</p> <p>The session itself comprises one or two loops around Woodham Way and Burnhill Way. Each loop is approximately 1.6 miles.</p> <p>Those undertaking two loops will do one in a clockwise direction, and one in an anti-clockwise direction, with a two-minute recovery between 'loops'. We will then cool down with a run back to the Navy Club and conclude with some gentle static stretches.</p>	<p>Each Loop should be undertaken at 10K pace (RPE 8 - a pace where you may be able to say a sentence to the person alongside you before having to refocus on your breathing).</p>	<p>Anne KELLETT Alan KELLETT</p>
<p>6.30pm, Thursday, 3rd November 2022</p> <p>(Members can warm up from 6.15pm onwards in the outer lanes of the track. Please do remain respectful of the Junior Section who will still be undertaking their session until 6.30pm.)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>200s - 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>This is a deceptively long session, so recoveries will need to be jog/float recoveries, rather than walked recoveries. Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3.</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 static recovery between sets.</p>	<p>Donna CAMPBELL</p>

<p>7pm, Tuesday, 8th November 2022</p>	<p>Xcel Centre, Long Tens Way, Newton Aycliffe</p>	<p>Tetley Mile-ish Loops (1400m): We will meet in the car park at the Xcel Centre for a 7pm start. Please note that the car park itself will be closed, so Members should park on street on Grindon Way, and then gather in the car park for a 7pm start.</p> <p>The session will begin with a warm-up in the carpark before we make the short jog to the start of the loop on Grindon Way. Each Tetley Loop (Grindon Way, Durham Way South, Millennium Way and Long Tens Way) is approximately 1400m.</p> <p>Options will be 4, 3 or 2 x Mile-ish reps / Loops, with 2:00 recovery between each rep / Loop. All Groups will take a two-minute recovery between each rep/ 'Loop'.</p> <p>We will conclude with a cool down run back to the Xcel Centre Car Park for some gentle static stretching.</p>	<p>Each Loop should be undertaken at 10K pace (RPE 8 - a pace where you may be able to say a sentence to the person alongside you before having to refocus on your breathing).</p>	<p>Paul DALTON</p>
<p>6.30pm, Thursday, 10th November 2022</p> <p>(Members can warm up from 6.15pm onwards in the outer lanes of the track. Please do remain respectful of the Junior Section who will still be undertaking their session until 6.30pm.)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>Double 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>Members will run efforts of 200m, 400m, 600m, 800m, 600m, 400m, 200m, 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).</p> <p><i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and</i></p>	<p>In terms of pacing, Members should be aiming to run each effort at 5K pace, or at a Rate of Perceived Effort (RPE) of 8.5.</p>	<p>Richard CAMPBELL</p>

		<p>3. Recoveries should be taken in the outside lanes (Lanes 5 and 6).</p> <p>The session will conclude with a cool down run and some static stretching.</p>		
Sunday, 13th November 2022	Fox Rush	NYSD XC: Fox Rush XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
7pm, Tuesday, 15th November 2022	Oakleaf Sports Complex	<p>School Aycliffe (Missing) Telephone Box Loops: Session will start at 7pm from the Oakleaf Sports Complex, and we will begin with a one-mile easy run to the start of the loop. Those not wanting to run down to the session can meet us at the top of Eastfields Road.</p> <p>Options will be 5, 4 or 3 x (Missing) Telephone Box Loops, with a jog recovery down Eastfields Road between each rep / Loop'.</p> <p>We will conclude with a cool down run back to the Oakleaf Sports Complex for some gentle static stretching.</p>	Each Loop should be undertaken at RPE 8 - a pace where you may be able to say a sentence to the person alongside you before having to refocus on your breathing.	Richard CAMPBELL
<p>6.30pm, Thursday, 17th November 2022</p> <p>(Members can warm up from 6.15pm onwards in the outer lanes of the track. Please do remain respectful of the Junior Section who will still be undertaking their session until 6.30pm.)</p>	Stadium 2000, Sunnydale Leisure Centre	<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 clockwise for one minute.</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>	Anne KELLETT Alan KELLETT

		<p>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, 22nd November 2022</p>	<p>Oakleaf Sports Complex / Navy Club, Bluebell Way, Newton Aycliffe</p>	<p>Bluebell Loops (1200m): Tonight's Session is the Bluebell Loops, during which we will be using Bluebell Way, Burn Lane, and some of the paths behind the houses on Eade Close and Hamsterley Road. Each loop is 1200m, and we will alternate direction each time.</p> <p>We meet at the Oakleaf Sports Complex for a 7pm start, and it will be a one mile warm up run to the session. Alternatively, if you do not want to join us from the Oakleaf Sports Complex, we will gather at the Navy Club at the bottom of Bluebell Way at 7.10pm, before starting the session itself.</p>	<p>Each Loop should be undertaken at 10K pace (RPE 8 - a pace where you may be able to say a sentence to the person alongside you before having to refocus on your breathing).</p>	<p>Paul DALTON</p>

		<p>Options will be 5, 4 or 3 x Bluebell Loops, with a two-minute recovery between each loop.</p> <p>We will conclude with a cool down run back to the Oakleaf Sports Complex for some gentle static stretching.</p>		
<p>6.30pm, Thursday, 24th November 2022</p> <p>(Members can warm up from 6.15pm onwards in the outer lanes of the track. Please do remain respectful of the Junior Section who will still be undertaking their session until 6.30pm.)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>500m reps: 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>Options for the Main Session will be 10, 8 or 6 x 500m reps, with 100m jog back recoveries.</p> <p><i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3. Jog back 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>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>Donna CAMPBELL</p>
<p>Saturday, 26th November 2022</p>	<p>Aykley Heads, Durham</p>	<p>NEHL XC: Aykley Heads XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.</p>	<p>-</p>	<p>-</p>
<p>Tuesday, 29th November 2022</p>	<p>Oakleaf Sports Complex</p>	<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 entrance to Tamarind Close. This marks the end of your 400m Rep.</p>	<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.</p>	<p>Paul DALTON</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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