

Aycliffe Running Club – Training Schedule – October 2022

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>7pm, Tuesday, 4th October 2022</p>	<p>Oakleaf Sports Complex</p>	<p>'Pleasure at Planet Leisure': Essentially 1200m reps, using the loop around Maple Way, Rembrandt Way, Carlbury Road, Welbury Way and Durham Way South.</p> <p>We initially meet at 7pm at the Oakleaf Sports Complex and will undertake a warm-up run (approx. 1.75 miles) to Planet Leisure. Alternatively, Members can meet at Planet Leisure at 7.15pm.</p> <p>Options will be 5, 4 or 3 x 1200m reps, with approx. 2:00 recovery between each rep.</p> <p>We will conclude with a cool down run back to the Oakleaf Sports Complex, followed by some gentle static stretching.</p>	<p>Members should be aiming to run each rep at 10K pace (or RPE 8).</p>	<p>Anne KELLETT Alan KELLETT</p>
<p>6.30pm, Thursday, 6th October 2022</p> <p>(Warm Up from 6.15pm in the outside lanes)</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>'400m Reps': This is a nice straight-forward session as 400m is one complete lap of the track. 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 Group Sessions themselves are as follows:</p> <p>The 'A' Group are looking to complete 12 reps with a 60s recovery between reps;</p> <p>The 'B' Group are aiming to complete 10 reps with a 60s recovery between reps; and</p> <p>The 'C' Group will be undertaking 8 reps with a 60s recovery between reps.</p>	<p>Members should be aiming to run each rep at around 5K/10K pace (or RPE 8/8.5).</p>	<p>Donna CAMPBELL</p>

		<p><i>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>Session Focus: Arm Drive</p>		
Sunday, 9th October 2022	Acklam	NYSD Acklam XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
Sunday, 9th October 2022	Druridge Bay	NEHL Druridge Bay XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
7pm, Tuesday, 11th October 2022	Oakleaf Sports Complex	<p>Espresso Express (200m Reps): We initially meet at 7pm at the Oakleaf Sports Complex and will undertake a warm-up run (approx. 1.25 miles) to the start of the session. Alternatively, Members can meet at Hollin Road at 7.10pm.</p> <p>The session is 200m Reps around Siesta Coffee, with approx. 100m walk recovery (60s) after each rep.</p> <p>The 'A Group' are aiming to complete 16 Reps; The 'B Group' are looking to complete 14 Reps; and The 'C Group' are targeting 12 Reps.</p> <p>We will conclude with a cool down run back to the Oakleaf Sports Complex, followed by some gentle static stretching.</p>	Members should aim to run each rep at around 3K pace (RPE 9).	Richard CAMPBELL
6.30pm, Thursday, 13th October 2022 (Warm Up from	Stadium 2000, Sunnydale Leisure Centre	3-2-1 Progressive Fartlek: The session will commence with a brief warm-up, dynamic stretches, drills and/or strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.	See session outline for progressive paces.	Paul DALTON

<p>6.15pm in the outside lanes)</p>		<p>The session itself will be a 40 Minute Fartlek Run, featuring four sets of the following:</p> <p>3:00 @ 10K pace (RPE 8) 1:00 @ recovery (RPE 3) 2:00 @ 5K pace (RPE 8.5) 1:00 @ recovery (RPE 3) 1:00 @ 3K pace (RPE 9) 2:00 @ recovery (RPE 3)</p> <p>Time periods will be signalled by a blast on Coach Dolly's trusty whistle!</p> <p><i>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>7pm, Tuesday, 18th October 2022</p>	<p>Xcel Centre, Long Tens Way, Newton Aycliffe</p>	<p>'Filtronic Hills' (Hill Reps): 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. We will run down to the bottom of Filtronic Hill together.</p> <p>Each Hill Rep is approximately 500m, and the session is structured as follows:</p> <p>A Group - 8 Reps; B Group - 7 Reps; and C Group - 6 Reps.</p> <p>Recovery will be a jog back down the hill to the starting point, where you will then go again. We will conclude with a cool down run back to the Xcel Centre,</p>	<p>Members should aim to attack each Hill Rep with a RPE 8/8.5, so perhaps able to say a few words, before having to refocus on your breathing.</p>	<p>Paul DALTON</p>

		followed by some gentle static stretching.		
6.30pm, Thursday, 20th October 2022	Stadium 2000, Sunnysdale Leisure Centre	<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>	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).	Richard CAMPBELL
7pm, Tuesday, 25th October 2022	Oakleaf Sports Complex	<p>Bluebell 800's: We meet at the Oakleaf Complex for a 7pm start, and we'll have a warm-up run to the Navy Club (approximately one mile). Alternatively, if it's more convenient for you to go directly to the Navy Club, we will gather there at approximately 7.10pm.</p> <p>Each rep. starts on the corner of Bluebell Way and Burnhill Way, and follows the path alongside Burnhill Way, before the path curves left and you start to gradually climb up towards Bluebell Way. When you reach the top of the path turn left into Bluebell Way and follow the road as it arcs back to the starting point, taking care as you cross the junctions at Bluebell Meadows and Bluebell Close.</p> <p>A Group: 8 x 800m with two minutes recovery between each rep;</p>	Members should aim to run each rep at around 10K pace (RPE 8).	Paul DALTON

		<p>B Group: 6 x 800m with two minutes recovery between each rep; C Group: 5 x 800m with two minutes recovery between each rep.</p> <p>We will conclude with a cool down run back to the Oakleaf Sports Complex, followed by some gentle static stretching.</p>		
6.30pm, Thursday, 27th October 2022	Stadium 2000, Sunnydale Leisure Centre	<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>	The 300m rep should be ran at a comfortable pace.	John FIRBY
Saturday, 29th October 2022	Lambton	NEHL Lambton XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-