

Aycliffe Running Club – Training Schedule – December 2022

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>6.30pm, Thursday, 1st December 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>1000m 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>The Main Session itself is structured as follows:</p> <ul style="list-style-type: none"> • 5 x 1000m reps (2.5 laps of the track), with 200m (half a lap of the track) recovery between reps; or • 4 x 1000m reps, with 200m recovery between reps; or • 3 x 1000m reps, with 200m recovery between reps. <p>Reps should be run in the inside lane (Lane 1) in single file, with recovery taken in the outside lanes (Lane 4 outwards).</p> <p>We will conclude with a cool down run, followed by some gentle static stretches.</p>	You are aiming to run each rep, at 5K pace (RPE 8.5).	Anne KELLETT / Alan KELLETT
<p>Sunday, 4th December 2022</p>	Summerhill	<p>NYSD XC: Summerhill XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.</p>	-	-
<p>7pm, Tuesday, 6th December 2022</p>	Oakleaf Sports Complex	<p>Roman Shower Loops (One Mile Reps) - We meet at the Oakleaf Sports Complex at 7pm, and the session will commence with a warm-up along Preston Road.</p> <p>Each 'loop' will then commence on the corner of Cumbie Way and Whinbank Road, and we run along Whinbank Road, turning right into Whitworth Avenue, right again into Durham Way South and finally right again into Cumbie Way.</p> <ul style="list-style-type: none"> • The 'A' Group are looking to complete 4 x Mile loops, taking a 	You should be aiming to run each mile loop at 10K pace (RPE 8).	Paul DALTON

		<p>two-minute recovery between each loop;</p> <ul style="list-style-type: none"> The 'B' Group are looking to complete 3 x Mile loops, with a two-minute recovery between each loop; and The 'C' Group are looking to complete 2 x Mile loops, with a two-minute recovery between loops. <p>We will conclude the session with a cool down run back to the Oakleaf Sports Complex, followed by some static stretches.</p>		
<p>6.30pm, Thursday, 8th December 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>400m, 300m, 200m 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>The Main Session will be, as follows:</p> <ul style="list-style-type: none"> 4 x 400m w/200m jog rec. 6 x 300m w/100m jog rec. 8 x 200m w/200m jog rec. <p>(C Group to only undertake 4 x 300m's and 6 x 200m)</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>400m reps should be ran at 5K pace (RPE 8.5);</p> <p>300m reps should be ran at 3K pace (RPE 9);</p> <p>200m reps should be ran at 1 Mile pace (RPE 9.5);</p> <p>with a very light jog (RPE 3) on your recoveries.</p>	<p>Richard CAMPBELL</p>
<p>Saturday, 10th December 2022</p>	<p>Temple Park, South Shields</p>	<p>North-Eastern XC Championships: Temple Park, South Shields - 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>7pm, Tuesday, 13th December 2022</p>	<p>Oakleaf Sports Complex</p>	<p>Ups and Downs of Northfield Way - We will have a short warm up run down to the bottom of Northfield Way to the start of the session (those who want a longer warm up may want to meet earlier to get a longer warm up in).</p> <p>Each rep. is approximately 350m, and reps will alternate up and down Northfield Way (so your 'odd' reps will be slightly uphill, and your 'even' reps will be slightly downhill).</p> <ul style="list-style-type: none"> • The 'A' Session is 14 Reps; • The 'B' Session is 12 Reps; and • The 'C' Session is 10 Reps. <p>Recovery will be 60s between each rep.</p> <p>We will conclude with a short cool down and some static stretches.</p>	<p>All Groups should be aiming to maintain a 5K/10K effort (RPE 8.5/8) on each rep.</p>	<p>Alan KELLETT Anne KELLETT</p>
<p>6.30pm, Thursday, 15th December 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>800m 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>The Main Session will be, as follows:</p> <ul style="list-style-type: none"> • 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><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>As this session is high reps/short recovery, focusing specifically on endurance, 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.</p>	<p>Richard CAMPBELL</p>

<p>7pm, Tuesday, 20th December 2022</p>	<p>Oakleaf Sports Complex</p>	<p>Two Minutes On / Two Minutes Off (the 'Committee Canter'): Warm up will be an approximate one-mile run to St. Clare's Church on Central Avenue. Members will be split into two groups, A Group and B Group. Both groups will have an appointed Coach/Run Leader.</p> <p>The A Group will then run two-minute efforts starting along Central Avenue onto the A167, following it through Aycliffe Village before returning to the Oakleaf Sports Complex through the industrial estate, with a two-minute recovery between efforts. During this period, Members should re-group to start the next effort together.</p> <p>The B group will run a shorter loop turning off the A167 at St. Cuthbert's Way returning to the Oakleaf Sports Complex via Pease Way, with a two-minute recovery between efforts. During this period, Members should re-group to start the next effort together.</p> <p>The A Group are aiming to complete 12 x 2:00 efforts; The B Group are aiming to complete 8 x 2:00 efforts.</p> <p>The session will conclude with some static stretches back at the Oakleaf Sports Complex.</p>	<p>Members are aiming to run at 5K pace (RPE 8.5) for the efforts, with a slow jog recovery (RPE 3) to regroup during the intervals.</p>	<p>Paul DALTON / Anne KELLETT / Alan KELLETT</p>
<p>6.30pm, Thursday, 22nd December 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</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>Christmas Paarlauf – PRIZES TO BE WON! A session where slower runners team up with faster runners to battle it out for big prizes!</p> <p>Runners will run either 10 X 300m or 10 X 400m in a relay with your partner. All will be explained fully before we start. Session is suitable for all abilities, it's a very inclusive and very enjoyable session always popular with Members.</p>	<p>Dashing through the snow...</p>	<p>Donna CAMPBELL</p>

undertaking their session until 6.30pm.)				
2pm, Tuesday, 27th December 2022	Oakleaf Sports Complex	Christmas Social Run, followed by 'rehydration' at the Oakleaf Sports Complex – An Easy Three Mile Social Run, followed by refreshments at the Oakleaf Sports Complex.	Nice and easy...	Paul DALTON
9.30am, Monday, 2nd January 2023 (Bank Holiday Social Run)	Car Park, Wynyard Woodland Park	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. 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. We will conclude with some static stretches. 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).	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