

Aycliffe Running Club – Training Schedule – January 2023

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>9.30am, Monday, 2nd January 2023</p> <p>(Bank Holiday Social Run)</p>	<p>Car Park, Wynyard Woodland Park</p>	<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>	<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...</p>	<p>Paul DALTON</p>
<p>7pm, Tuesday, 3rd January 2023</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>Richard CAMPBELL</p>

<p>6.30pm, Thursday, 5th January 2023</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 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><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>	<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>Saturday, 7th January 2023</p>	<p>Temple Park, South Shields</p>	<p>Sherman Cup: 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, 10th January 2023</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>Each Loop should be undertaken at 10K pace (RPE 8 - a pace where you may be able to say a sentence to the person</p>	<p>Richard CAMPBELL</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>alongside you before having to refocus on your breathing).</p>	
<p>6.30pm, Thursday, 12th January 2023</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, Sunnysdale 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>Paul DALTON</p>
<p>Sunday, 15th January 2023</p>	<p>Ormesby Hall</p>	<p>NYSD XC: Ormesby Hall - 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, 17th January 2023</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</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>Alan KELLETT / Anne KELLETT</p>

		<p>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, followed by some gentle static stretching.</p>		
<p>6.30pm, Thursday, 19th January 2023</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>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.</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>See session outline for progressive paces.</p>	<p>Paul DALTON</p>

<p>7pm, Tuesday, 24th January 2023</p>	<p>Oakleaf Sports Complex</p>	<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>	<p>Members should aim to run each rep at around 3K pace (RPE 9).</p>	<p>Alan KELLETT / Anne KELLETT</p>
<p>6.30pm, Thursday, 26th January 2023</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>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>Donna CAMPBELL</p>

<p>7pm, Tuesday, 31st January 2023</p>	<p>Oakleaf Sports Complex</p>	<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; 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>	<p>Members should aim to run each rep at around 10K pace (RPE 8).</p>	<p>Paul DALTON</p>
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