

**Aycliffe Running Club – Training Schedule – February 2023**

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p><b>6.30pm, Thursday, 2<sup>nd</sup> February 2023</b></p> <p>(Members can warm up <b>from 6.15pm onwards</b> 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><b>Out and Back Timed Pyramid (1, 1, 2, 2, 3, 3, 4, 4, 3, 3, 2, 2, 1, 1)</b> - 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>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>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>Paul DALTON</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>		
<b>Sunday, 5<sup>th</sup> February 2023</b>	Richmond Racecourse	<b>NYSD XC: Richmond Racecourse XC</b> - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
<b>7pm, Tuesday, 7<sup>th</sup> February 2023</b>	Oakleaf Sports Complex	<p><b>School Aycliffe Hill Reps</b> - The session will commence with a warm-up run to the session start point at the bottom of Eastfields Road (approximately one mile).</p> <p>Starting from the bottom of the hill, Members will run straight up the steep section of the hill over the top onto the flat section, stopping just prior to the junction with School Aycliffe Lane. Focus should be on good form and technique. Recovery will then be a jog back down to the bottom of the hill to start the next rep.</p> <p>A Group will undertake 10 Hill Reps; B Group will undertake 8 Hill Reps; C Group will undertake 6 Hill 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>	Whilst Members will not reach the equivalent pace, they should be aiming to run each rep at 5K pace effort, or at a Rate of Perceived Effort (RPE) of 8.5.	Richard CAMPBELL
<b>6.30pm, Thursday, 9<sup>th</sup> February 2023</b>  (Members can warm	Stadium 2000, Sunnydale Leisure Centre	<b>800's, 400's and 200's:</b> The session will commence with a brief warm-up, dynamic stretches, drills and/or strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol.	800m Reps to be ran at 10K pace (RPE 8); 400m Reps to be ran at 5K pace (RPE 8.5);	Paul DALTON

<p>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>The Main Session is structured as follows:</p> <p>4 x 800m, with 400m jog recovery between each Rep;  4 x 400m, with 200m jog recovery between each Rep;  4 x 200m, with 200m jog recovery between each Rep.</p> <p>(The C Group should run one less Rep at 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>200m Reps to be ran at 3K pace (RPE 9).</p> <p>Recover periods to be ran at RPE 3.</p>	
<p><b>Saturday, 12<sup>th</sup> February 2023</b></p>	<p>Thornley Hall Farm, Peterlee</p>	<p><b>NEHL XC: Thornley Hall Farm XC</b> - 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><b>7pm, Tuesday, 14<sup>th</sup> February 2023</b></p>	<p>Oakleaf Sports Complex / Navy Club, Bluebell Way, Newton Aycliffe</p>	<p><b>Bluebell Loops (1200m):</b> 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>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>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>Richard CAMPBELL</p>

<p><b>6.30pm, Thursday, 16<sup>th</sup> February 2023</b></p> <p>(Members can warm up <b>from 6.15pm onwards</b> 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><b>Double Pyramid</b> - 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 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>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>Donna CAMPBELL Tracey PICKERING</p>
<p><b>7pm, Tuesday, 21<sup>st</sup> February 2023</b></p>	<p>Oakleaf Sports Complex</p>	<p><b>School Aycliffe (Missing) Telephone Box Loops:</b> 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>	<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.</p>	<p>Alan KELLETT / Anne KELLETT</p>

<p><b>6.30pm, Wednesday, 22<sup>nd</sup> February 2023</b></p>	<p>Oakleaf Sports Complex</p>	<p><b>Food Bank Run:</b> In line with the National initiative, the Club will be hosting a Food Bank Run <a href="http://runr.co.uk">Food Bank Run (runr.co.uk)</a>. Starting from the Oakleaf Sports Complex at 6.30pm, Members will be encouraged to bring an item for a local Food Bank, and the hope is to run to the Food Bank to deliver the food. More details will be circulated as arrangements are firmed up.</p>	<p>-</p>	<p>Paul DALTON</p>
<p><b>6.30pm, Thursday, 23<sup>rd</sup> February 2023</b></p> <p>(Members can warm up <b>from 6.15pm onwards</b> 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><b>500m reps:</b> 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 Tracey PICKERING</p>
<p><b>9am, Saturday, 25<sup>th</sup> February 2023</b></p>	<p>Durham parkrun</p>	<p><b>Monthly parkrun tourism:</b> This month's parkrun tourism will be at Durham parkrun (Graham Sports Centre, Maiden Castle, Stockton Road, Durham, DH1 3SE). Meet at the parkrun for 8.45am, and we grab coffee afterwards at The Graham Sports Centre Cafe.</p> <p>Club Captain Jayne RUDD will circulate more information in due course.</p>	<p>-</p>	<p>-</p>
<p><b>7pm, Tuesday, 28<sup>th</sup> February 2023</b></p>	<p>Xcel Centre, Long Tens Way, Newton Aycliffe</p>	<p><b>Tetley Mile-ish Loops (1400m):</b> 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>Each Loop should be undertaken at 10K pace (RPE 8 - a pace where you may be able to say a</p>	<p>Alan KELLETT / Anne KELLETT</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>sentence to the person alongside you before having to refocus on your breathing).</p>	
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