

Aycliffe Running Club – Training Schedule – March 2023

Time and Date of Session	Meeting Point	Session	Pace	Coach
<p>6.30pm, Thursday, 2nd March 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>	Stadium 2000, Sunnydale Leisure Centre	<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>	Donna CAMPBELL
Saturday, 4th March 2023	Alnwick Castle, Alnwick	NEHL XC: Alnwick Castle XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
Sunday, 5th March 2023	Caedmon College, Whitby	NYSD XC: Whitby XC - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.	-	-
7pm, Tuesday, 7th March 2023	Xcel Centre, Long Tens Way, Newton Aycliffe	'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.	Members should aim to attack each Hill Rep with a RPE 8/8.5, so perhaps able to say a few words, before	Richard CAMPBELL Tracey PICKERING

		<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.</p> <p>We will conclude with a cool down run back to the Xcel Centre, followed by some gentle static stretching.</p>	having to refocus on your breathing.	
<p>6.30pm, Thursday, 9th March 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>	Stadium 2000, Sunnydale Leisure Centre	<p>600 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 options will be, as follows:</p> <ul style="list-style-type: none"> • 10 x 600m with 200m jog recovery; or • 8 x 600m with 200m jog recovery; or • 6 x 600m with 200m jog recovery. <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>	You should be aiming to run each mile loop at 10K pace (RPE 8).	Paul DALTON / Tracey PICKERING
<p>7pm, Tuesday, 14th March 2023</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>	You should be aiming to run each mile loop at 10K pace (RPE 8).	Richard CAMPBELL

		<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 two-minute recovery between each loop; • 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, 16th March 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>300m 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 options for the session are as follows:</p> <p>14 x 300m reps, with 100m walk/jog recovery; 12 x 300m reps, with 100m walk/jog recovery; or 10 x 300m reps, with 100m walk/jog recovery.</p> <p><i>Efforts should be undertaken in Lane 1, with overtaking in Lanes 2 and 3.</i></p> <p>We will conclude the session with a cool down and some static stretches.</p>	<p>You are aiming to run each rep. at 5K pace, or at a RPE of 8.5/9.</p>	<p>Alan KELLETT Anne KELLETT</p>

<p>7pm, Tuesday, 21st March 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 / Paul DALTON</p>
<p>10am, Wednesday, 22nd March 2023</p>	<p>Oakleaf Sports Complex</p>	<p>Wednesday Morning Social Run – Members are invited to meet at the Oakleaf Sports Complex at 10am for a social run (approximately four miles), which will encompass both some road and off-road running. The run will be led by a qualified Leader in Running Fitness (LiRF).</p>	<p>Relaxed and conversational...</p>	<p>Tracey PICKERING</p>
<p>6.30am, Thursday, 23rd March 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</p>	<p>Stadium 2000, Sunnydale Leisure Centre</p>	<p>'Inverted 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 'pyramid' will comprise efforts of 1200m, 800m, 400m, 200m, 400m, 800m and 1200m, with a 200m jog recovery between each effort, so we are looking for continuous running.</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 looking to maintain 10K pace (RPE 8 on the longer efforts (1200's and 800's), progressing to 5K pace (RPE 8.5) on the shorter efforts (400's and 200's), with a very light jog (RPE 3) on your recoveries.</p>	<p>Donna CAMPBELL</p>

6.30pm.)				
8.30am, Saturday, 25th March 2023	Hackworth parkrun	<p>parkrun Takeover: We will be ‘taking over’ Hackworth parkrun, and fulfilling all the volunteer roles for the morning. Those who volunteer should meet at Hackworth Park for 8.30am for the allocation of roles and pre-run briefing. We’ll grab coffee (and cake) afterwards in the Hub.</p> <p>Club Captain Jayne RUDD will circulate more information in due course.</p>	-	-
Sunday, 26th March 2023	South Park, Darlington	<p>NYSD XC RELAYS: South Park, Darlington - Club Captains Dez FIELDEN and Jayne RUDD will be providing more information about this XC fixture in due course.</p>	-	-
Tuesday, 28th March 2023	Oakleaf Sports Complex	<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>	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.	Richard CAMPBELL / Paul DALTON

<p>Thursday, 30th March 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>Dolly's Fartlek: The session will commence with a brief warm-up, dynamic stretches, drills and strides, following the RAMP (Raise, Activate, Mobilise and Potentiate) protocol, followed by the Fartlek session itself, which will be structured as follows:</p> <p>2:00 Easy / 2:00 Hard; 90s Easy / 90s Hard; 2 x 60s Easy / 60s Hard; 2 x 30s Easy / 30s Hard; 4 x 15s Easy / 15s Hard.</p> <p>This equates to 15 minutes of running, and we will do two sets, with a recovery period (2:00) in between.</p> <p>Don't worry about the timing though – Coach Paul will have his trusty whistle, and you'll just need to alternate pace on the blast of the whistle. We will conclude the session with a cool down and some static stretches.</p>	<p>Easy Pace - The 'A Group' should be looking to maintain a Marathon or Half Marathon pace (RPE 6 or 7), and the 'B Group' and 'C Group' should use it as a jog recovery.</p> <p>Hard Pace - All Groups should be looking to run the Hard efforts at 5K pace (RPE 8.5), with the 'A Group' looking to increase the pace to a 3K paced effort (RPE 9+) on the shorter periods (60s or less).</p>	<p>Paul DALTON</p>
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