

# DENBY DALE TRAVELLERS AC

## THURSDAY NIGHTS TRAINING SESSIONS

As you are all aware a number of Travellers have been attending training sessions on Thursday evenings, which are more focused towards specific workouts e.g. hill reps, bleep test, pyramids sessions and speed work. Let me assure you that these quality sessions are for runners of all abilities who would like to improve their fitness and maybe even their race times! The sessions are varied and timed to ensure that all will benefit, whatever your level of fitness. Fast or not so fast, join us on Thursdays.

Well we have made good use of the running track at Shelley and the next six weeks will continue with speed work combined with hills. The 10 min. endurance training on the upper circuit at Deffer Wood which has the fast boys doing 3 x 1 mile and others 0.8 mile, but both arriving together at the end of it, continues to test everyone. As part of the summer festival of running, I have included a team (x3) relay and back by popular demand is of course a velouf!!!

Delighted to see three new ladies join the session, all have said that they enjoyed it; however we shall see if they return, I hope so. These sessions are meant to be hard with short recovery periods, in effect running at a faster pace than you would on a normal Tuesday run. Combine the two sessions and you will improve! As I have said above, whether you are a fast runner or not so fast these sessions are time based so you can still be competitive in the session, come and see for yourself.

I am conscious that we are now coming to the holiday period and attendance levels may drop, but try to come if you are free as the more we have in the sessions the more competitive it becomes and I think more enjoyable.

*The following sessions will take place from the Pie Hall at 7pm on the following Thursdays. Please join us.*

22<sup>nd</sup> July Skelmanthorpe – Pyramid session 20sec/40/60/80/80/60/40/20x3  
29<sup>th</sup> July Toby Wood Farm – Hill session 45sec x 6 (x2)  
5<sup>th</sup> August Shelley School - Relays (teams of 3) 600 metre fast session (1hr)  
12<sup>th</sup> August Cannon Hall - Fartlek 5 mile run with 12 x 2 min sprints  
19<sup>th</sup> August Deffer Wood - (upper circuit) 10 mins. x 3  
26<sup>th</sup> August Shelley School – Velouf 45 mins of hard work in pairs!!

Any suggestions for future sessions/venues please let me know. We look forward to seeing you at the Pie Hall next Thursday. (21.07.10 GR)