

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.

The programme for the next eight weeks is intended to incorporate more speed sessions so we will make use of the running track up at Shelley school. As you can see below we will vary the distance from 400 metre laps up to 1000 and the number of reps we do will give us all about 3+ miles of fast running with limited recovery.

We will revisit the Deffer circuit as it was clear to me last Thursday how much you all enjoyed the climb at the end!! When Ross means business well the vest has to come off. He and Tom were required to run an additional loop to make the circuit more competitive, however finishing behind Sally and even me was clearly too much for him. Off came the vest and he flew past us on the last circuit, well done.

Which reminds me, does anyone have any idea what is the required temperature necessary for Graham to take off his tracksters (when Ross ran nearly naked)? A small prize for the correct answer!!

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

27th May	Reindeer Romp Race Overton 7pm Rosalind for details 1st of 4
3rd June	Shelley School – 800m x 6 (2 min rest)
10th June	Toby Wood Farm - Hill session, 45 secs. x 6 (x2)
17th June	Skelmanthorpe - Velouf, 30mins of hard work in pairs!!
24th June	Reindeer Romp 2nd of 4 races
1st July	Shelley School - 1000m x 5 (3 min. rests)
8th July	Deffer Wood (upper circuit) 7 mins. x 3
15th July	Shelley School – 400m x 12 (90 sec. rests)

Any suggestions for future sessions/venues please let me know. We look forward to seeing you at the Pie Hall next Thursday. (24.05.10 GR)