

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.

No more excuses about the weather, some people having apparently decided not to run recently because of snow and ice. Well I can see your point as I did little in the way of running in Oz because of the weather as well; it was 38C which was just too hot!!

We have developed a variety of training runs but I am happy to look at any variations of location, distance, pace etc I appreciate that much depends on what races you are focusing on in the near future. With so many running London this year maybe we should be having more Fartlek sessions where you will be running at your best 10k pace. So let me know what you would like to include/exclude.

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

28 th Jan.	Circuit – 6mins. x 4
4 th Feb.	Speed Reps – (90 secs. X 6) x 2
11th Feb.	Fartlek session – 5 mile run incorporating 20 x 2 min. sprints
18 th Feb.	Hill Reps – DD Station bottom to top x 10
25 th Feb.	Speed reps (30 sec./60secs. X 4) x 3

Any suggestions for future sessions/venues please let me know. We look forward to seeing you at the Pie Hall next Thursday. (28.01.10 George)