



Derwentside AC, summer Training Program. April to September

April

Day and Time	Tuesday 6:45pm				Wednesday/ Competitions	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona/David	Group 2 Brian	Group 3 Mark	10am Sunday
03/04/18	Handicap Support Group	Dynamic Warm Up Exercises				Steady Run 4-5 miles	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	8th April, Blyth 10Km Or Berlin ½ Marathon Steady Run - 8 miles
		Senior Handicap 4.5 Miles Brian Mark								
10/04/18	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 7-8 Miles	11th April, Committee meeting 7pm Beamish Mary	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Dynamic Warm Up Hills Up and Overs x 6	Steady Run 6-8 Miles Steady Run 8 miles
17/04/18	Fartlek about 5 miles	Running Drills		Steady Run 6-7 Miles	18th April NEGP Monkton 10000m NE Championship	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles Steady Run 9 miles
		Paarluff Session X 5 Efforts	Interval Session 6 x half miles							
24/04/18	Group Session	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	29th April, Sand Dancer 10Km, South Shields Or Steady Run 5-7 Miles or Chase the Kite 10k
		Kenyan Hills 40 Minutes								

May

Day and Time	Tuesday 6:45pm				Wednesday/ Competitions	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona	Group 2 Brian	Group 3 Mark D	10am Sunday
01/05/18	Handicap Support group	Dynamic Warm Up Exercises				Steady Run 5 miles	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 5-7 Miles Steady Run 8 miles
		Senior Handicap 4.5 Miles Brian and Mark								
08/05/18	Hilly run 5 miles	Running Drills			10th May Committee meeting 7pm Beamish Mary Or Gordon Smith Relays, Wallsend	Steady Run 5 miles	Steady Run 5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	13th May, Sunderland 10Km and ½ Marathon Or Steady Run 5-7 Miles Steady Run 8 miles
		Hill Reps working on Running Form 2 sets of 3	Interval Session 5 x ½ miles	Paarluff Session 6 Efforts						
15/05/18	Fartlek 5	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	20th May Pier to Pier Or Steady Run 6-8 Miles
		Interval Session 4 x ½ Miles	Paarluff Session X 5 Efforts	Up and Overs X 6						
22/05/18	Steady Run 5 miles	Steady Run 4-5 Miles	Steady Run 4-5 Miles	Steady Run 7-8 Miles	NEGP Monkton Derwentside Officiating	Group session	Dynamic Exercises			27th May, Edinburgh Marathon Good Luck to Claire and Emma Or Long Run 7-9 Miles
							Kenyan Hills Session, 40 Minutes			
29/05/18	Steady Run 5 miles	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Long Run 7-10 Miles	Long Run 7-9 Miles
		Paarluff Session X 5 Efforts	Up and Overs X 6	Interval Session 6 x ½ Miles						

June

Day and Time	Tuesday 6:45pm				Wednesday	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona/ David	Group 2 Brian	Group 3 Mark D	Group 3 Mark D
05/06/18	Bolts Law or Steady run	John Donneky Bolts Law Fell Run 7.5 Miles				Steady run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	Saturday 9th June, Blaydon Race Or Long Run 8-10 Miles
12/06/18	Handicap Support Group	Dynamic Warm Up Exercises			13th June Committee Meeting, 7pm Beamish Mary	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Long Run 8-10 Miles	Long Run 7-9 Miles
		Senior Handicap 4.5 Miles Brian Mark								
19/06/18	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles	Steady Run 6-8 Miles	20th June NEGP Monkton 3000m	Steady Run 5-6 miles	Dynamic Warm Up Exercises			Long Run 8-10 Miles
							Track Session NDA, Varied Pace			
26/06/18	Group session	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	30th June Summer Relay Hadrian's Wall
		Kenyan Hills Session, 40 Minutes								

July

Day and Time	Tuesday 6:45pm				Wednesday	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona/ David	Group 2 Brian	Group 3 Mark D	10am Sunday
03/07/18	Handicap Support Group	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 5-6 Miles	7th July Claire's C25K group doing their Park Run 8th July Great North 10Km Or Long Run 9-11 Miles
		Senior Handicap 4.5 Miles Brian Mark Or Bridges of the Tyne 5Mile Or Saltwell Fell Race								
10/07/18	Steady Run 5-6 miles	Dynamic Warm Up Exercises			11th July NEGP 3000m Monkton	Fartlek 5 miles	Dynamic Warm Up Exercises			15th July NEYDL 15th July Red Kite Trail Race or Long Run 9-11 Miles
		Steady Run 5-6 Miles	Steady Run 5-6 Miles	Steady Run 6-8 Miles			Track Session NDA, Varied Pace			
17/07/18	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	18th July Durham City 5Km and 10Km Claire' C25K grp doing 5Km Or Chapel Fell Roof of England fell Race	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	Long Run 10-12 Miles
							Run Over to Burnhope for the Burnhope Charity Night			
24/07/18	Group session	Dynamic Warm Up Exercises			25th July NEGP Monkton 1500m or 2000m Steeplechase	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	Long Run 10-12 Miles
		Kenyan Hills Session, 40 Minutes								
31/07/18	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles		Hilly 5	Dynamic Warm Up Exercises			Long Run 11-13 Miles
							Hills Reps X 6 (2 sets of 3)	Paarluff Session , 5 Efforts	Session ½ Mile Intervals x 6	

August

Day and Time	Tuesday 6:45pm				Wednesday/ Competitions	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona/ David	Group 2 Brian	Group 3 Mark D	10am Sunday
07/08/18	Handicap Support Group	Dynamic Warm Up Exercises			8th August NEGP Gateshead 3000m	Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Steady Run 6-8 Miles	Long Run 10-12 Miles
		Senior Handicap 4.5 Miles Brian and Mark								
14/08/18	Steady Run 5 miles	Dynamic Warm Up Exercises	Steady Run 5-6 Miles	Steady Run 6-8 Miles	15th August Committee Meeting, 7pm Beamish Mary	Fartlek 5	Dynamic Warm Up Exercises			11th August, Gateshead Trail Race Or Long Run 11-13 Miles
		Steady Run 4 to 4.5 Miles					Track Session NDA, Varied Pace			
21/08/18	Steady Run 4-5 miles	Running Drills				Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Long Run 8-10 Miles	Long Run 11-13 Miles Or Cross Country Training
		Steady Run 4.5 Miles	Interval Session, 6 x ½ Miles	Paarluff Session 7 Efforts						
28/08/18	Hilly 5 miles	Hill Session Working on Running Form	Paarluff Session , 5 Efforts	Session ½ Mile Intervals x 6		Steady Run 5-6 miles	Steady Run 5-6 Miles	Steady Run 6-8 Miles	Long Run 7-10 Miles	Long Run 12-14 Miles Or Cross Country Training

September

Day and Time	Tuesday 6:45pm				Wednesday/ Competitions	Thursday 6:45pm				Saturday/Sunday, Competitions
Group/Coach	DSRG Carol	Group 1 Claire	Group 2 Brian	Group 3 Mark D		DSRG Carol	Group 1 Fiona	Group 2 Brian	Group 3 Mark D	10am Sunday
04/09/18	Handicap support group	Dynamic Warm Up Exercise				Steady Run 4-5 miles	Steady Run 4-5 Miles	Steady Run 5 Miles	Steady Run 5-7 Miles	9th September Great North Run Or Long Run 6-8 Miles/ Cross Country Training
		Senior Handicap 4.5 Miles Brian Mark								
11/09/18	Steady Run 5 miles	Dynamic Exercises	Steady Run 5-6 Miles	Steady Run Run 5-7 Miles	12th September Committee Meeting, 7pm Beamish Mary	Fartlek 5 miles	Dynamic Warm Up Exercises			Long Run 6-8 Miles/ Cross Country Training
		Steady Run 4-5 Miles					Track Session NDA, Varied Pace			
18/09/18	Steady Run 4-5 miles	Running Drills	Steady Run 5-6 Miles	Steady Run 6-8 Miles		Steady Run 5-6 miles	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Long Run 7-9 Miles	Long Run 6-8 Miles Or Cross Country Training
		Steady Run 4-5 Miles								
25/09/18	Group Session	Dynamic Warm Up Exercises				Steady Run 5-6 miles	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-8 Miles	Pedro's 10Km and Derwentside AC Family Fun Run
		Whole Club Session Lamp Posts 2,4,8,4,2								