

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.

Over the last few weeks we have had some excellent turn outs for the various sessions on Thursday nights. I was particular delighted to see Andrew Pollock turn out for some of them, thus ensuring at long last that I was not the oldest DDT member taking part!! This week's Velouf session which lasted 45mins was particularly well attended and enjoyed by all (well it was after it was finished!!). Even Tony Sharpe got out of his sick bed to do the timings etc. Thanks.

The speed sessions are there to ensure that we are running hard for between 18 and 24 mins. As we have discussed on a number of occasions getting the balance right between sprinting hard on a rep. and recovering before the next one, is the key to improvement. So try to remain consistent over each session and not drop your times for each rep. because you have gone off too fast at the start and therefore have an insufficient recovery period before the next rep.

You will see that there is no session on Thursday 8th Dec. as it was decided that after all the hard work undertaken over the last couple of years it was time to talk about it over a pint and a curry for a change (please see Rosalind for details etc.). There will also be no formal session on 29th Dec. because of the Christmas holidays (and Runner v Bike event on 28th Dec.) but if there is some interest for a general run let me know.

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

1 st Dec.	Pyramid session 20sec/40/60/80/80/60/40/20 x 3
8 th Dec.	No Session -Curry Night at Maxis Balti (see Rosalind)
15 th Dec.	Hill Reps (DD Station) x 10
22 nd Dec.	Fartlek 5 mile run incorporating 12 x 2 mins sprints
29 th Dec.	No Session
5 th Jan.	Circuit (Sunny Bank – single lap) 6 x 4 mins
12 th Jan.	Reps session (90secs x 6) x 2
19 th Jan	Hill Reps (Star PH) 7 x 2 mins
26 th Jan.	Circuit (Sunny Bank – 2 laps) 3 x 8 mins

Any suggestions for future sessions/venues please let me know. We look forward to seeing you at the Pie Hall next Thursday. (26.11.11. GR)