

Derwent A C Winter Programme 2017-18

Key:

	Tuesday Session
	Thursday Session
	Off Road Run / Trail Shoes Required
	Long / Steady Training Run
	Race
	Holiday Run!

Date	Session	Location	Description	Coach	Leader
Oct					
3rd	Hills	Papcastle	Hill reps		
5th	Speed	Isel Road	Isel Road 12 by minute		
10th	Trail	Loweswater Loop	Park bottom Fangs Brow next to BT box		
12th	Skills	Derwent mills	Sprints	Phil	Dave
14th	Race	Helvellyn Trail 5k			
17th	Medium/Hills	Corner Beech lane	Beech Lane/Oaktree Cres/Isel Road/Beech Lane.	Phil	Dave
19th	Hard/Endurance	Mitchell Cattle Auctions A66	Relay plus handicap	Hackers	
24th	Medium/Speed	Dale view/Riverdale Drive/Simonscales lane/Norwood drive	6 x fast loop 2 minute recovery {Handicap}	Andy	
26th	Speed	Setmurthy road	5k handicap	Andy	
28th	XCC	Penrith (Hunter school)	8k		
29th	Long	Lorton corner next to Winder Hall (post box)	09.00am 7miles	Andy	
31st	Speed	Old A66	6 x 800m with 3 minutes recovery	Andy	Phil

November					
2nd	Speed	Derwent Mills sprints	sprints different lengths	Hackers	
4th	Long	Lorton corner next to Winder Hall (post box)	09.00am 7 miles	Andy	
5th	Sunday Race	Derwentwater 10			
7th	Endurance	Papcastle hill reps	5 up 5 back One minute recovery	Andy	Dave
9th	Hard	Laithwaite Close/Dunmail Cres/Fitz Rd	6 times loop starting bottom Laithwaite Close	Andy	
11th	XCC	Keswick (Fitz park)	8k		
12th	Long	Dean School	09.00am 10k	Andy	
14th	Hard/Endurance	Mitchell Cattle Auctions A66	Session	Hackers	
16th	Hard	Towers Lane	5 times hill back down recovery	Phil	Liz
19th	Sunday Race	Brampton to Carlisle 10			
21st	Off Road	Sale fell	Large loop/medium loop		Dave
23rd	Medium/Hills	Beech Lane/Oaktree Cres/Isel Road/Beech Lane.	Cedar Lane for medium pace 6 times timed runs 2 minutes recovery	Phil	
26th	long	Club House	09.00am 11miles	Andy	Liz
28th	Hard	Car Park behind Town Hall	Pyramid session 1234321 (1-2) 1min recovery (3-4-3) 2 minute recovery	Andy	Liz
30th	Medium/Speed	Dale view/Riverdale Drive/Simonscales lane/Norwood drive	6 x fast loop 2 minute recovery {Handicap}	Andy	Dave

December					
2nd	Saturday Race	Dean 10k Handicap	11.00am first off 11.15am Village Hall		
5th	Medium/Speed	Start no limit Broughton Road back old A66	12 x one minute hard 12 x one minute recovery	Phil	
7th	Hard	Laithwaite Close/Dunmail Cres/Fitz Rd	6 times loop starting bottom Laithwaite Close	Andy	Dave
9th or 16th	XCC	Workington (Vets Champs)	8k		
10th	long	Scale hill car park	09.00am two lakes mainly on road	Andy	
12th	Speed	Old A66	5 X 400 5 X 200 with 2 minutes recovery	Andy	Dave
14th	Hard	Towers Lane	5 times hill back down recovery	Hackers	
17th	Sunday Race	CFR Christmas Pudding Run			
19th	Speed	Derwent Mills sprints	sprints different lengths	Andy	Dave
21st	Off Road	Top of Hay	Up and down	Andy	Liz
25th	Xmas	Christmas Day	Club Members Decide Run		
26th	Boxing	Boxing Day	Club Members Decide Run		
28th	Endurance	Papcastle hill reps	5 up 5 back One minute recovery	Hackers	Liz

January					
1st		New Year	Club Members Decide Run		
2nd	Speed	Derwent Mills sprints	sprints different lengths	Andy	Dave
4th	Easy	Around Cockermouth 5 mile easy		Phil	

7th	Sunday Race	North Lakes Half Marathon			
9th	Easy	Mitchell Cattle Auctions A66	Session	Hackers	
11th	Endurance	Papcastle hill reps	5 up 5 back One minute recovery	Andy	Dave
16th	Off Road	Cogra Moss	Large loop/medium loop	Andy	Liz
18th	Medium/Hills	Beech Lane/Oaktree Cres/Isel Road/Beech Lane.	Cedar Lane for medium pace 6 times timed runs 2 minutes recovery	Hackers	Dave
21st	Saturday Run	Carlisle Resolution 10k			
23rd	Hard	Car Park behind Town Hall	Pyramid session 1234321 {1-2} 1min recovery {3-4-3} 2 minute recovery	Andy	
25th	Medium/Speed	Dale view/Riverdale Drive/Simonscales lane/Norwood drive	6 x fast loop 2 minute recovery {Handicap}	Andy	Liz
30th	Medium/Speed	Start no limit Broughton Road back old A66	12 x one minute hard 12 x one minute recovery	Phil	Dave

February					
1st		Around Cockermouth 5 mile easy		Hackers	
6th	Endurance	Papcastle hill reps	5 up 5 back One minute recovery	Phil	
8th	Hard	Laithwaite Close/Dunmail Cres/Fitz Rd	6 times loop starting bottom Laithwaite Close	Andy	Dave
13th	Hard/Endurance	Mitchell Cattle Auctions A66	2 x 200,2 x 300,2 x 400,1 x 800m with One minute recovery 2 mins at 800	Andy	
15th	Hard	Towers Lane	5 times hill back down recovery	Andy	Liz
20th	Off Road	Sale fell	Large loop/medium loop	Andy	
22nd	Medium/Hills	Beech Lane/Oaktree Cres/Isel Road/Beech Lane.	Cedar Lane for medium pace 6 times timed runs 2 minutes recovery	Hackers	Dave
25th	Sunday Race	Netherhall 10			
27th	Hard	Car Park behind Town Hall	Pyramid session 1234321 {1-2} 1min recovery {3-4-3} 2 minute recovery	Phil	Liz

March					
1st	Speed	Derwent Mills sprints	sprints different lengths	Hackers	
4th	Sunday Race	Haweswater Half Marathon			
6th	Endurance	Papcastle hill reps	5 up 5 back One minute recovery	Andy	Dave
8th	Speed	Embleton/ Golf course hill/Setmurthy Rd (Two lots off 8)	Top of Embleton Bank & Top of Golf Course 8 x 1min on 8 x 1 min jog recovery	Phil	
10th	Saturday Race	Lorton School 10k			
13th	Hard/Endurance	Mitchell Cattle Auctions A66	Session	Andy	Dave
15th	Hard	Towers Lane	5 times hill back down recovery	Andy	Liz
20th	Trail	Loweswater loop	Park bottom Fangs Brow next to BT box	Andy	Dave
22nd	Medium/Hills	Beech Lane/Oaktree Cres/Isel Road/Beech Lane.	Cedar Lane for medium pace 6 times timed runs 2 minutes recovery	Hackers	
27th	Speed	Setmurthy road	5k handicap	Andy	Liz
29th	Speed	Old A66	3 x 1500m with 3 minutes recovery	Phil	Dave
30th		Good Friday	Club Members Decide Run		
31st	Saturday Race	Isel Cross			

April					
2nd		Easter Monday	Club Members Decide Run		
3rd	Hard	Car Park behind Town Hall	Pyramid session 1234321 (1-2) 1 min recovery (3-4-3) 2 minute recovery	Phil	
5th	Hills	Memorail Gardens loop up to A595	Hilly run semi off road		Dave
10th	Skills	Harris Park Hill Technique	3 Hands on head 3 hands behind 3 knee lifts	Hackers	
12th	Speed	Embleton/across A66/back Strawberry Howe	Top of Embleton Bank 10 x 1min on 10 x 1 min jog recovery	Hackers	
17th	Medium/Speed	Start no limit Broughton Road back old A66	12 x one minute hard 12 x one minute recovery	Andy	Dave
19th	Speed	Embleton/ Golf course hill/ Setmurthy Rd (Two lots off 8)	Top of Embleton Bank & Top of Golf Course 8 x 1min on 8 x 1 min jog recovery	Andy	Liz
22nd	Sunday Race	Brigham 10k			
24th	Medium/Speed	Dale view/Riverdale Drive/Simonscales lane/Norwood drive	6 x fast loop 2 minute recovery (Handicap)	Phil	Liz
26th	Speed	Setmurthy road	5k handicap	Andy	Dave