**AMBLESIDE AC TUESDAY NIGHT CLUB RUNS October – Dec 2020**

At the moment we can’t use Ambleside Rugby Club – everything gets a bit complicated complying with a “COVID- Secure” environment indoors. Most runs will meet on the Under Loughrigg road by the bridge into the park (see schedule for few exceptions in October). Please do park considerately. It is perfectly acceptable for us to meet and train in groups of more than six outdoors but we do need to be aware of public perception; making sure that at the start of a session or at the end of efforts on the roads, we are seen to be adhering to SD.

**A few points to ensure we keep it safe for us and for others:**

* England Athletics guidance states that athletes and runners training in a public space can do so in unlimited numbers so long as that environment is COVID secure
* Please don’t come if you feel ill
* Travel separately if you can
* Observe 1.5m + at all times and be particularly aware of other trail/path users/land owners
* Runners should adhere to any restrictions placed on public spaces by the owner of the land (i.e., we need to be willing to go around farms etc if requested to do so – for example, the current path diversion at the ODG)
* We should consider the potential pressure on emergency services/MR and extended time/difficulty of any rescue (be prepared to carry decent kit)
* Look after yourself and others by washing your hands, using hand sanitiser after the run prior going to the pub, SD at the pub. Bring hand sanitiser and a face covering if you’re going to the pub.
* Michelle or Steve will have a “register” of regular runners each week (new runners/occasional runners will be added to that week’s list). If you are not yet a paid-up member, we may not have your contact details so please add them to the weekly “register” should we need them to comply with track and trace.
* If any runner develops symptoms and tests positive, they should complete the UKA COVID-19 tracking form: uka.org.uk

Just common sense and consideration for each other, for the local community and for visitors 😊

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| **DATE** | **TIME** | **VENUE & SUGGESTED SESSION** | **DRINKS & POST-RUN CRAIC** |
| 6/10/20 | 6.00pm | **Pelter Bridge Car Park (just before Rydal on L) FREE after 6.00pm**Anything on the trails or fellsDark by 7.10pm | Badger Bar, Rydal  |
| 13/10/20 | 6.00pm | **Staveley Mill Yard**Anything on the trails or fellsDark by 6.53pm | Hawkshead Brewery OR Eagle & Child |
| 20/10/20 | 6.00pm | **Watermill at Ings (parking on lane leading away from pub)**Trails/fells out towards Sallows/Sour HowesDark by 6.37pm | Watermill, Ings |
| 27/10/20Half Term Week | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Classic “7/8/9/10 Hills of Ambleside”*It’ll be “Proper Dark”, even on some of the streets so bring a head torch and hi viz if you’ve got it.* | Golden Rule |
| From now until end of December, welcome the return of **THE Classic AAC Tuesday Club Run**. Anything else is a pale imitation!There will usually be a “structured” rep/effort session to provide a hard run for anyone looking to improve their speed endurance and hill strength over the winter. Oct – Dec will be mostly speed endurance (on undulating/hilly routes), moving towards including more hilly rep sessions to build hill running strength in the new year. These sessions ARE suitable for most runners as they are nearly all on loops or out and back hills and can be done at the individual runner’s threshold point without fear of being “dropped”.What are Kenyan Hills?A great way of doing a tempo type pace on a pre-arranged loop of uphill, flat and downhill terrain. We jog one lap of the loop so everyone knows where they’re going. What’s crucial is that the hills are attacked with gusto but not eyeballs out and the flat and downhill sections are maintained at the same pace. They’re good because you get used to running at a high intensity with some recovery where your HR drops significantly but not “fully recovered”. Hopefully, there will always be a “steadier paced” group suitable for new runners, runners wanting a more sociable run, injured/tired runners etc.And there’s always the option to clear off on the trails or fells with a few mates if you’d rather.The more of us that make it, the more likely we can keep everyone happy. Head torch essential and hi viz a good idea if you’ve got it. For the structured rep sessions, road/soft trail shoes fine. |
| 3/11/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* Kenyan Hill Reps – structured session. Long warm up through town via Waterhead to Fisherbeck. 3 x 8 mins around loop at top of Fisherbeck. 3 min recovery. Jog back. 1 min hard optional.
* Trails/fells
* Steady run
 | Golden Rule |
| 10/11/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* Kenyan Hill Reps – structured session. Long warm up via Pelter Br to salt box at bottom of Kirkstone. Jog up to R hand Kirkstone loop. 3 x 8 mins around loop 3 min recovery. Jog back. 2 x1 min hard with 1min recovery optional.
* Trails/fells
* Steady run
 | Golden Rule |
| 17/11/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* 5 x 5mins – structured session. Jog warm up through town. 5 x 5 mins up Kirkstone Pass with 2 ½ min walk/regroup recovery. Jog descent back. 2 x1 min hard with 1 min recovery optional.
* Trails/fells
* Steady run
 | Golden Rule |
| 24/11/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* 5 x 5mins – structured session. Long warm up through town via Waterhead. Use “7 Hills Route”: 5 x 5mins with 2 min walk/regroup recovery. Jog back. 2 x1 min hard with 1 min recovery optional. NB – this route is a “one way” route albeit the hills are out and backs.
* Trails/fells
* Steady run
 | Golden Rule |
| 1/12/20 | 6.30pm | **KIRKSTONE HANDICAP?** Tbc with Paul Knowles  | Golden Rule |
| 8/12/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* Kenyan Hill Reps – structured session. Long warm up via Pelter Br to college car park at bottom of Kirkstone. 2 x 12 mins around loop. 4 min recovery. Jog back. 3 x1 min hard with 1 min recovery optional.
* Trails/fells
* Steady run
 | Golden Rule |
| 15/12/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* 5 x 5mins – structured session. Long warm up through town via Waterhead to Golden Rule. Use “Sweden Bridge Loop”: 5 x 5mins with 2 min walk /regroup recovery. Jog back. 3 x1 min hard with 1 min recovery optional. NB – this route is a “one way” route.
* Trails/fells
* Steady run
 | Golden Rule |
| 22/12/20 | 6.30pm | **Ambleside – Under Loughrigg road: Make Space for Christmas Dinner Run! Fancy dress/festive accessories encouraged.****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* Pacey tempo run (weather depending!) up Kirkstone Pass. Return via Troutbeck (approx. 15 km. 10km if return same way)
* Trails/fells
* Steady run
 | Golden Rule |
| 29/12/20 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* Classic 7/8/9/10 Hills of Ambleside
* Trails/fells
* Steady run
* Sneak out with your mates in the daylight – it’s the holidays!
 | Golden Rule |
| 5/1/21 | 6.30pm | **Ambleside – Under Loughrigg road****Meet (in a SD fashion 😊) in park by the “stone circle”**Choice of:* High 5 Pendulum – structured session. Long warm up through town via Waterhead to Fisherbeck. Paired (sim pace pairs set off in opposite directions, meet then return same way aiming to get back to start point at same time) 3 x 8 mins around loop at top of Fisherbeck. 3 min recovery. Jog back. 3 x1 min hard with 1 min recovery optional.
* Trails/fells
* Steady run
 | Golden Rule |
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