



Blackrock A.C. (Mens Section)
2016 /2017

EMail: bac.mens@gmail.com
Web: www.BlackrockAC.ie

We have recently started to regrow the Mens' section. Today we are a group of runners who enjoy getting out on a regular basis and also running the occasional race (mostly road or cross country). We meet on Tuesday evening and Sunday mornings every week... Summer and Winter !

If you would be interested in join us please contact us at bac.mens@gmail.com. Also please see below for a bit more detail on our training.

BAC Mens Training:

On a Tuesday we focus on a drill eg. tempo run, interval run, hill intervals etc. while on Sunday we try to go for a distance run. For those that are building up to the pace of the Mens' Section (over distance typically sub 5min/km and faster) we also partner closely with the Blackrock AC Fit4Life group and this ensures that we are able to offer something for all levels of runner - so no excuses !

On a Tuesday evening we meet at 7pm for a 7:10pm start. We warm up with the Fit4Life group and then head out for our drill. For those that prefer not to do the drill that day there is usually a range of road runs from approx 4km to 10km hosted by the Fit4Life group that you can join also.

On a Sunday we meet at 8:30am (sharp!) for a distance run. Depending on the time of year and what people are training for this can be 10km, 20km or more.

Each week a short email is sent out with details of training plan for the week so you can plan accordingly.

TRAINING:

DAY	MEET	TIME	TRAINING	CONTACT
Sunday	BAC Clubhouse Carysfort Park	8:30am <i>(sharp!)</i>	Distance Run	bac.mens@gmail.com
Tuesday	BAC Clubhouse Carysfort Park	7pm <i>(for 7:10pm start)</i>	Tue Drill <i>(varies by week)</i>	bac.mens@gmail.com

USEFUL CONTACTS:

Blackrock AC Mens: bac.mens@gmail.com
Blackrock AC F4L: bacfit4life@gmail.com
Blackrock AC: blackrockac@gmail.com
