

# Brothers Pearse AC



Hi there,

Thank you for contacting us in regard to joining Brothers Pearse A.C.

To begin with, I am just going to give you a little bit of background about the club that we hope you will be joining. Bros Pearse was founded in 1956 and for many years was a very competitive and strong running club. Since the late 80s/90s, it has been a predominantly Juvenile Club. In 2009, a plan to revitalise the adult section of the club was put in place by Peter Vincent. This proved a hugely successful project. We then began a Couch 2 5K programme in 2012 and as a result of all the hard work by a number of people in the club, we are now a very vibrant and strong club with numbers of adults growing weekly. At the moment, we have in excess of 175 adult runners.

The philosophy of the club is embedded in the belief that 'Running is to be enjoyed'. Whilst we do train properly and with a defined goal in mind, we actively promote the 'fun and craic' at our sessions. You will hear a lot of banter, good-natured slugging, and laughter. We truly believe in the adage that a happy runner is a relaxed runner, a relaxed runner runs more efficiently, a more efficient runner can train harder, and the follow on is that you will improve quicker. Running is a great way to build confidence and with that in mind, you will consistently hear a lot of positivity from the group leaders/coaches, who constantly encourage and cajole the runners in their group. As a runner in the club, the philosophy is that we all encourage each other. And always there is plenty of advice available on any of the issues that affect runners, such as Injuries, Nutrition, Training Advice, Gear, Core Work, etc. etc.

## **Training**

Our training schedule is set into Specific 3 month blocks, with a deliberate focus on the different sessions, and targeting certain races. However the training is for all and is suitable, no matter if your goal is just to get fit, to improve your 5k time, or to train for a half or full marathon.

Some of the popular sessions are 400m Intervals, 1k Intervals, Speaker Connolly Hills (A tough 1 mile circuit with 3 hill climbs of varying difference and difficulty), and tempo Runs. And the most popular is the dreaded Death Hill session (more commonly known as Stocking Lane Hill sessions, long and short intervals up a steep hill). All of the sessions are well explained in the weekly newsletter so that you arrive at training knowing exactly what to expect and what to do.

We have two bases.

**Summer Months** – (generally March/early April to the early October)

Cherryfield Park – a park opposite Ballyboden St Endas GAA club. We have a 300m grass track with a couple of containers housing our athletics equipment. There is a small car park, so space is limited for cars. Some of the summer sessions are on Grass, either in Cherryfield, or in Tymon Park.

Training is every Tuesday and Thursday - 7pm to 8pm. Runners are expected to be there well before 7pm so that we can start sharp at 7pm. Generally, we will be finished at 8pm, so its approx. 60mins of a session. It depends on the session so occasionally the cool down run will take us over the 8pm mark. Recently we have introduced the same sessions on a Monday and Wednesday to suit those who cannot make Tues/Thurs. (numbers are lower on the Mondays /Wednesdays

### **Winter Months** - (Usually October to March)

We meet at the same time 6.50pm for 7pm start. Meeting point at the moment is the Iona Centre, Knocklyon. This is basically the Church car park, behind SuperQuinn, Knocklyon. Most of the winter we do a Hill Sessions /Tempo Work on a Tuesday and Thursday will be the Club Run night. This is a run at whatever pace you are comfortable and will generally be on a loop route , for approx. 45/60 mins . It's a great bonding run for the club. (Monday/Wednesday is also an option in the winter)

With all of the above sessions, each runner will generally be within a group of similar paced and standard of runner, who will be guided by a coach/leader. So they do the session at their own pace. Yes, they will be pushed, but I can assure you that you will be fine. Whilst most of the club will do the specified session for that day, our beginner group (called The Transition Group) may do a different session if it is felt that the session is not within their capability.

There are also options to run with others on a Saturday, or do a Track session on the Running Track in Tallaght also on a Saturday morning. There is a very popular Tempo session in Marla every Saturday at the cricket field, starting at 10.15. It is a coached session under the great runner Eamonn Tierney. It is usually a minimum of 5k, but a lot will do 4, 5 or 6 miles. We go for coffee afterwards to the Farmers Market.

We have a club run every Sunday morning at 9.00am. They are generally advertised on Facebook with people posting what time they are meeting, how many miles, where they are going etc. So feel free to join in if that suits you.

The club are very big supporters of the Parkrun concept. This is a totally free 5k that takes place in our locality in Marley Park/or Tymon Park every Saturday at 9.30am. It is a great way to get a good session in at the weekend. You will always have a good number of the club taking part each week. Throughout the year, we also hold our own Internal Club 5k runs. They are done as a handicap Race with the Beginners and slower runners starting first and the fast guys last. It's a real fun run, and we usually have a social event afterwards with a 'MasterChef' competition '(Everyone bakes a cake of brings along goodies to eat). As a club, we actively encourage all runners to take part in races. For instance, we have almost 80 taking part in the Rathfarnham 5k last September. We also had almost 50 doing the Dublin Marathon last year. The club is very successful and we do promote the racing calendar, but you are under no obligation to race for the club. However you will find it quite infectious when you see so many heading to a race, and the craic at these events is really good.

Because the club is now a very active and busy one, communication is key. We have a hugely popular Facebook site that is a real source of discussion, advice & banter, and more importantly keeping everyone updated almost daily with what is happening. Also we issue a regular Email/Newsletter to all members every Saturday which will outline the forthcoming weeks sessions, and any other relevant information (we realise that not all of us are Facebook users)

Club fees for the year (Jan – Dec) are presently set at €60. This includes AAI registration and insurance.

Club gear is available from our Peter and Kerry Lalor. We have a range of items. (Training tops, club singlets, shorts, leggings, club jackets etc.) .

There is a very active kids club, so if you have kids, enquire about them joining up as well. Let's have the whole family running. There may be a waiting list for kids groups so do ask.  
So that really is us in a nutshell. We hope that you enjoy Bros Pearse AC and that as you settle in as a runner, that you will embrace the club .We have a fantastic buzzy atmosphere within our club and we hope that you add to that.

For general enquiries about Bros Pearse Athletic Club please call or email us on:

Club Phone: 085 7292060

Ray: 086 301 7940 or Peter 087 365 5596

Email: [info@brospearse.com](mailto:info@brospearse.com)

Facebook: [Bros Pearse AC Facebook Page](#)

Child Welfare Officer: [cwo@brospearse.com](mailto:cwo@brospearse.com)