

Remember Adult Sessions on Tuesdays will leave the Complex at 7.00pm

A.R.C. Training March 2015

	GROUP A 34 to 45 min 10k		GROUP B 40 to 55 min 10k		GROUP C 55 to 70 min 10k	
March	Session	Recovery	Session	Recovery	Session	Recovery
Tues 3rd	Run down to Blue Bridge for warm up, All groups.					
	Run Johns 3mile Town A167 loop at 10k pace 90%, slowest runners setting off 1st and fastest last @ 30secs intervals.					
	Run back to Complex for warm down,					
Safety	WATCH FOR OUT FOR UNEVEN PAVING AND POOR LIGHTING NEAR GRETNA ALSO WATCH OUT FOR TRAFFIC AT JUNCTIONS !					
Total miles	6 miles aprox		6 miles		6 miles	
Route	http://www.fetcheveryone.com/route-21357					
Thurs.5th	6x 800 @ 3k pace	[2'] jog 200m	5x800 @ 3 k pace	[2]	4x800 @ 3 k pace	[3]
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Tues. 10th	note: those doing 5 mile will be in a separate group as the difference in speeds makes impossible to keep every one together					
	4 x 1,2,3, mins (24 mins fast)	[1'] [2'] [3']	<u>as A group but 3 sets</u>		<u>as B group for shorter</u>	
	with same recovery		<u>jog back for B Group</u>		<u>5 m loop cut off at</u>	
	6.7m Industrial est. -A167		(18 mins fast)	[2']	Ness but not alone	[2']
	town loop 10k pace				(18 mins faster)	
	jog back for B & C Groups					
Total miles	6.7 miles for full loop		6.7 m. or 5 miles		5 miles for shorter loop	
Notes	run at 10k pace, jog back on recoveries for slower runners!					
Safety						
Route	http://www.fetcheveryone.com/routes-view.php?id=28406					
Thurs. 12th	4 x 200m	jog 200m for rec.	4 x 200m	as A	2 x 200m	as A
	8 x 400m	[90' to 2']	6 x 400m		6 x 400m	
	4 x 200m		4 x 200m		2 x 200m	
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					

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Tues. 17th	5 x School Aycliffe 0.5m loops	0.2m down hill	as A but 4 loops	0.2m down hill	as A & B but 3 loops	as A & B
	Clockwise	jog		jog		jog
	Aprox. 800m 10k pace					
Total miles	5.2 miles including warm up lap		4.5 miles		3.8 miles	
Notes	Starting at the bottom of the hill running clockwise up steep section keeping on footpath turn right still climbing the long section then turn right at highest point on loop down hill, turn right again slightly down hill finish at 1st lamppost on right then jog to bottom of hill keep on footpaths at all times and watch out when crossing junctions on estate					
Safety						
Route	http://www.fetcheveryone.com/routes-view.php?id=28361					
Thurs 19th	2 x 1mile with 400m recovery. All groups to do the same session. The idea is to run both miles in the same time, a practice in pacing.					
	We will be doing an 800m warm up and warm down as part of this session. Don't want to start the first mile from cold.					
Safety						
Tues. 24th	A & B Group to run from complex down preston rd. then past tip towards junction, then meet up with			meet up with A & B Groups at junction past waste depot on rh side		
	C group at junction nr. Filtronic					
	8 x Filtronic Hills	Jog back down	as A but 6 hills	Jog back down	asA & B but 4 to 6 hills	walk down
	aprox 500m 5k pace				C GROUP to drive down	
	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!					
	9 miles aprox		7.75 miles		4 to 5 miles	
	Note: this is a continuous session in single file, no stopping or running in 2s or 3s side by side					
Thurs.26th	12 x 300m @ 3k pace	[1.30'] jog 100m	10 x 300m as A	[2'] as A	8 x 300m as A & B	
Safety	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
Tues 31st	Little Michaels Tetley Loops approx. 1 mile @ 10k pace					
	4 x loops round paths	[2']	3 x loops +	[2']	2 x loops	[3']
	Grindon Road					
	Tetley Warehouse					
	Approx 7 miles					

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