

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

# A.R.C. Training April 2015

	GROUP A 34 to 45 min 10k		GROUP B 40 to 55 min 10k		GROUP C 55 to 70 min 10k GROUP D Walking & beginners	
April	Session	Recovery	Session	Recovery	Session	Recovery
Thurs.2nd	5 x 1ks @ 3 to 5k pace	[2'] jog 200m	4 x 1ks @ 3 to 5k pace	[2] jog 200m	3 x 1ks @ 5k pace	[3] as b
					2 x 1ks @ 5k pace	[4] as 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, (walk)					
	1st of John's Summer Railway handicaps					
Tues. 7th	3 miles for full loop	start 7pm	Record 15.24 Ian Monkman			
	John Burnside takes names from 6.30pm have your recent 5k, 5m, or 10k time handy					
Notes	Watch out for tree ruts and roots as it can be dark through wooded areas, dogs also pose a risk with long leads.					
Route						
	4 x 500m	300m jog rec. lane 3 & 4	as A	as A	as A & B but 3 instead	as A & B
Thurs 9th	4 x 400m	200m jog rec. lane 3 & 4			of 4	
	4 x 300m	100m jog rec. lane 3 & 4			D as C	
Safety	5k pace		5k pace		5k pace	
NOTE:	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 14th	A & B Groups run from Complex to the start of session near Cobblers Pub C group will start from Navy club aprox. 19.10					
	Cobblers Hall Est. loops	[2']	As A	[2']	3 to 4 Loops	[3]
	4 x long loops 1200m				Park at Navy Club for	
	anti clockwise only 10k pace				Main Group to Join	
					from 19.10	
Notes	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!					
	If group to large 30+ main session will be anti clockwise only					
Total miles	7 miles aprox		7 miles		4 miles	
Safety						
Route	<a href="http://www.fetcheveryone.com/routes-view.php?id=33754">http://www.fetcheveryone.com/routes-view.php?id=33754</a>					
Thurs 16th	3 x 1200m @ 10K pace	1 lap jog in lanes 3 & 4	3x1200 @ 10k pace	as A	2x1200 @ 10k pace	as A
	then 3 x 400m @ 5k pace	200m jog lanes 3 & 4	as A		then 2 x 400m @ 5k pace	

Don't forget to always warm up and warm down and stretch properly afterwards especially on Thursdays

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					D group as C	
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Safety						
	<b>New: Boating lake miles</b>					
Tues. 21st	Run from Complex via Train Station to start of Boating Lake then 3 or 4 x 1 miles starting at Bridge finishing nr. Bridge Course 5k pace	[2']	3 or 2 As A group	[2']	for C group 2 5k pace D Group only 2	[3]
Notes	Watch out for wild birds and slippery droppings also the general public may be feeding ducks					
Total miles	6 to 6.5 miles aprox.		6 miles aprox.		5 to 5.5 miles aprox.	
Safety	<b>Slippery paths !!</b>					
Route	<a href="http://www.fetcheveryone.com/routes-view.php?id=154940">http://www.fetcheveryone.com/routes-view.php?id=154940</a>					
Thurs 23rd	2 x Sets of 800m - 600m - 400m 200m	200m jog rec. all 2 mins between sets	2 x Sets of 800m - 600m-400m-200m	as A 2 mins between sets	As A but miss out both 800m	
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. 28th	Complex Fields loops Warm up with 1 big Lap of Large fields = 1.25 mile + w/down 1.25m		as A but on last loop		as A	
	3 sets of double complex fields loops (1 mile for 2 loops) total 3 miles @ 5k pce	[2']	as A but on last loop only do 1 lap 2.5 miles @ 5k pace	as A	4 x 1 Lap loops 0.5 for 1 loop 2 mile @ 5k pace	as A
Safety	Scan the ground ahead, remember running off road requires concentration, Large wolf like dogs have been known to roam this area					
Total miles	5.5 miles		5 miles		4 miles	
Notes	( Please note this session is subject to change if field is overgrown, or foul weather on the night.) Run on new tarmac track if weather is bad and do same session					
Thurs 30th	8 x 600m 3k all 3k pace	200m jog lane 3	7 x 600m	200m jog lane 3	6 x 600m (D 4 x 600)	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,					

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