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

A.R.C. May 2015 training plan

	GROUP A 34 to 45 min 10k		GROUP B 40 to 55 min 10k		GROUP C 55 to 70 min 10k GROUP D Walking & beginers	
May	Session	Recovery	Session	Recovery	Session	Recovery
Tues. 5th						
	The Old Railway 3 Mile Handicap Race no. 2 all Groups *					
	3 miles for full loop	**start 7pm**	**Record 15.24 Ian Monkman**			
Safety	John Burnside takes names from 6.30pm have your recent 5k, 5m, or 10k time handy					
	Watch out for tree ruts and roots as it can be dark through wooded areas, dogs also pose a risk with long leads.					
Start	http://www.fetcheveryone.com/routes-view.php?id=21359					
Thurs 7th	**4 x 500m**	300m jog rec. lane 3 & 4	**as A**	**as A**	**as A & B but 3 instead**	**as A & B**
	4 x 400m	200m jog rec. lane 3 & 4			**of 4**	
	4 x 300m	100m jog rec. lane 3 & 4			**D as C**	
	5k pace		**5k pace**		**5k pace**	
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. 12th	Run from Complex via School Ay.	[2']	As A group	[2']	for C group all will start	[3]
	to start of **Lovers Lane** then				at end of Lovers Lane	
	3 x 1 miles starting at Lovers Lane				Loop 3 x 3/4 miles	
	finishing nr. Perstop then back up				5k pace	
	to lovers lane and once more down				D Group only 2	
	to Perstop then jog back via Golf					
Safety	Course 5k pace					
Total miles	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!					
Notes	6 to 6.5 miles aprox.		6 miles aprox.		5 to 5.5 miles aprox.	
Thurs. 14th	**2 x 800m**	200m jog rec. lane 3 & 4	**as A**	**as A**	**1 x 800m (D Miss out)**	**as A & B**
	3 x 600m	200m jog rec. lane 3 & 4			**2 x 600m**	
	4 x 400m	200m jog rec. lane 3 & 4			**4 x 400m**	

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

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

Note:	5k pace		5k pace		5k pace	
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. 19th	Complex Fields loops				4 x 1 Lap loops	
	Warm up with 1 big Lap of Large				0.5 for 1 loop	
	fields = 1.25 mile + w/down 1.25m				2 mile @ 5k pace	as A
Safety	6 sets of single complex fields	[2']	as A but 5 loops	as A	D group	
	loops (800m for 1loop) total				3 x 1 Lap Loops	3mins
Start	3 miles @ 5k pace					
Notes	Scan the ground ahead, remember running off road requires concentration, Large wolf like dogs have been known to roam this area					
Total miles	5.5miles		5 miles		4.5 miles	
Route	(Please note this session is subject to change if field is overgrown, or foul weather on the night.)					
Thurs.21st	10 x 500m @ 3k pace	jog 300m [3']	8 x 500m @ 3k pace	as A	6 x 500m @ 5k pace	as A [4']
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. 26th	The Walkers Lane Wellie					
	please close gates if no one is behind you					
	From Complex Run to Middridge		as A group	as A group	Start at houses	
	via grass and trails, Walker lane,		or as c group			
	Main Session: From the top of				for shorter loop	
	Horse field run south ,Walkers lane				cut off near Water Tower	
	turn left at the end for short					
Notes	footpath section then left again at					
Total miles	Water Tower back to start					
Safety	or see below					
	Super Fast Runners can run from the Middridge and back for 4 miles (8 mile session)					
	5k pace if doing 1.5 m or 10k pace if doing 3mile					
Route	Scan the ground ahead, remember running off road requires concentration, Bulls may be in field after stream!					
Thurs. 28th	12x400 @ 5k pace	[200m rec 2mins']	10x400 @ 5k pace	as A	8x400 @ 5k pace	as A [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,					

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