

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

## A.R.C Training Plan September 2015

Sept.	Session	Recovery	Session	Recovery	Session
Tues 1st	Run up to School Aycliffe, Heighington for warm up, A & B groups C Group to run from Cumby Arms from 7.10pm to 7.15pm or set off 5 mins early				
	Run Heighington- Redworth 3.3 mile-ish loop 2 min fast with 2 min rec. then 4 min fast 4 min rec. repeat all the way round all jog back for all				
	Run back to Complex for warm down,				
Safety	WATCH OUT FOR TRAFFIC AS ROAD IS NARROW, RUN CLOCKWISE, WEAR SOMETHING BRIGHT DULL NIGHT.				
Total miles	7 miles (A Group may run 8miles with jogging back)		7 miles		3.5 or full 7 miles
Notes	3k pace on intervals				
Route	<a href="http://www.fetcheveryone.com/routes-view.php?id=33748">http://www.fetcheveryone.com/routes-view.php?id=33748</a>				
Thurs 3rd	12x400 @ 5k pace	[200m rec 2mins']	10x400 @ 5k pace	as A	8x400 @ 5k pace
Tues 8th	Complex Fields loops		as A but on last loop		as A
	Warm up with 1 big Lap of Large fields = 1.25 mile + w/down 1.25m				
	3 sets of double complex fields	[2']	as A but on last loop	as A	4 x 1 Lap loops
	loops (1 mile for 2 loops) total		only do 1 lap		0.5 for 1 loop
	3 miles @ 5k pce		2.5 miles @ 5k pace		2 mile @ 5k pace
Safety	Scan the ground ahead, remember running off road requires concentration, Large wolf like dogs have been known to roam this area				
Route	5.5 miles		5 miles		4 miles
Total miles	( Please note this session is subject to change if field is overgrown, or foul weather on the night.)				
Notes					
Thurs 10th	200m,400m,600m,800m,600m,400m,200m	200m rec	As A but miss out last 600 and 400	as A	1st set only
	400m,600m,800m,,600m,400,	1lap			
	200m rec				
Note:	total 6k fast @ 10k pace		5k		3.2 k
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 15th	note: those doing 5 mile will be in a separate group as the difference in speeds makes impossible to keep every one together				
	<b>2mins,3,4,5,4,3,2 total 23mins fast</b>				
	7m Industrial est. (winter loop)	[2']	as A group	[2']	as A group for shorter
	A167 town loop 10k pace		jog back for C Group		5 m loop cut off at
	jog back for B & C Groups				Ness but not alone
	6.7 miles for full loop		6.7 m.		5 miles for shorter loop
Safety	run at 5k pace, jog back on recoveries for slower runners!				
Total miles	Run Back for slower runners on reps.				
Notes					
Thurs 17th	4 x 400m @ 5k pace	200m rec. [2'] lanes 3 & 4	4 x 400m @ 5k pace	as A	As A & B
	5 x 300m @ 5k pace	100m rec [1.30']	5 x 300m @ 5k pace		but 3, 4, 5 Reps
	6 x 200m @ 3k pace	200m rec.[2']	6 x 200m @ 3k pace		
Safety notes	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,				
	Try to run at your own pace				
Tues 22nd	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
	<b>C group at junction nr. Filtronic</b>				junction past waste depot o
	8 x Filtronic Hills	Jog back down	as A but 6 hills	Jog back down	asA & B but 4 to 6 hills
	aprox 500m 5k pace				C GROUP to drive down
Notes	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!				
Total miles	9 miles aprox		7.75 miles		4 to 5 miles
Safety					
Thurs24th	<b>Note: this is a continuous session in single file, no stopping or running in 2s or 3s side by side</b>				
	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 29th	A & B Groups run from Complex to the start of session near Navy Club C group runners set off a few mins early or meet at Navy club				
	Blue Bell Est. loops	[2']	Blue Bell Est. loops	[2']	Blue Bell Est. loops
	4 x long loops 1200m		2 x long loops 1200m		4 x short loops 800m
	alternating 10k pace		2 x short loops 800m		alternating 10k pace
			alternating 10k 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!				

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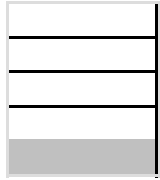
<b>Notes</b>				
	6 miles aprox		5.5 miles	5 miles
<b>Route</b>	<a href="http://www.fetcheveryone.com/routes-view.php?id=25491">http://www.fetcheveryone.com/routes-view.php?id=25491</a>			

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