

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

# A.R.C. AUGUST 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 & beginners	
	Session	Recovery	Session	Recovery	Session	Recovery
<b>Tues. 4th Important</b>	<b>The Old Railway 3 Mile Handicap Race no. 5 all Groups *</b>					
	John and Billy Burnside will takes names from 6.25pm have your recent 5k, 5m, or 10k time handy					
<b>Start Notes</b>	starts on grass hill approx 100m down old railway line					
<b>Total miles</b>	first off 7.00pm					
<b>Route</b>	accurate 3 mile course.					
<b>Thurs 6th Safety</b>	<b>8 x 600m 3k all 3k pace</b>	<b>200m jog lane 3</b>	<b>7 x 600m</b>	<b>200m jog lane 3</b>	<b>6 x 600m (D 4 x 600)</b>	<b>as a &amp; b</b>
	Try to run session in single file if possible and overtake on the right only, warm up and down in outside lanes all groups,					
<b>Tues. 11th</b>	Complex Fields loops				<b>4 x 1 Lap loops</b>	
	Warm up with 1 big Lap of Large fields = 1.25 mile + w/down 1.25m				<b>0.5 for 1 loop</b>	
	<b>5 sets of single complex fields loops (800m for 1loop) total</b>	<b>[2']</b>	<b>as A</b>	<b>as A</b>	<b>2 mile @ 5k pace</b>	<b>as A</b>
	<b>2.5 miles @ 5k pce</b>				<b>D group</b>	
<b>Safety</b>	<b>Scan the ground ahead, remember running off road requires concentration, Large wolf like dogs have been known to roam this area</b>					
<b>Total miles</b>	5miles		5 miles		4 miles	
<b>Notes</b>	( Please note this session is subject to change if field is overgrown, or foul weather on the night.)					
<b>Thurs. 13th</b>	<b>2 x 800m</b>	<b>200m jog rec. lane 3 &amp; 4</b>	<b>as A</b>	<b>as A</b>	<b>1 x 800m (D Miss out)</b>	<b>as A &amp; B</b>
	<b>3 x 600m</b>	<b>200m jog rec. lane 3 &amp; 4</b>			<b>2 x 600m</b>	
	<b>4 x 400m</b>	<b>200m jog rec. lane 3 &amp; 4</b>			<b>4 x 400m</b>	
<b>Note:</b>	<b>5k pace</b>		<b>5k pace</b>		<b>5k pace</b>	

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

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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. 18th Important	Run from Complex up to Cumby Arms via School Aycliffe (meet with C group) then jog up to x - roads for start	as A		as A but Start at Cumby if not up to milage	
Safety	Run 12 mins 30s at 10k pace towards Redworth North-bound after 12 mins 30s turn round and run back to start at 10k pace			meet main group between 18.55 and 19.00	
	25 mins fast between 6 and 7 miles	Jog back to Complex	25 mins fast between 5.5 and 6.5m	Jog back to Complex	20 mins fast Jog back to Cumby between 2.5 and 3.5m
	Try and keep with group on warm up no running ahead, Stop on footpaths throughout whole session and watch out at busy junctions!				
Thurs.20th Safety	10 x 500m @ 3k pace	jog 300m [3']	8 x 500m @ 3k pace	as A	6 x 500m @ 5k pace as A [4']
	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. 25th	Run from Complex via Scool Ay. to start of <b>Lovers Lane</b> then 3 x 1 miles starting at Lovers Lane finishing nr. Perstop then back up to lovers lane and once more down to Perstop then jog back via Golf Course 5k pace	[2']	As A group	[2']	for C group all will start at end of Lovers Lane Loop 3 x 3/4 miles 5k pace D Group only 2
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	6 to 6.5 miles aprox.		6 miles aprox.		5 to 5.5 miles aprox.
Safety	Watch for Traffic on Lovers Lane (New Lane)! If jogging back via Hydro golf course watch out for golf balls coming your way and keep in single file on golf course.				
Route	<a href="http://www.fetcheveryone.com/routes-view.php?id=38462">http://www.fetcheveryone.com/routes-view.php?id=38462</a>				
Thurs.27th Safety	12x400 @ 5k pace	[200m rec 2mins']	10x400 @ 5k pace	as A	8x400 @ 5k pace as A [3']
	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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