

ARC TRAINING DECEMBER 2015

	Date	Task
<input type="checkbox"/>	Tues 1st	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 3rd	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 8th	All groups 4x3,2,1 mins round 7 mile Town/trading estate loop, jog down to St Clare's for start. Recovery 2mins all reps. Or alternatively, 5 mile route cutting in at Ness and looping back to St Clare's.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 10th	A & B groups. 4x500m 300m jog recovery
<input type="checkbox"/>		4x400m 200m jog recovery
<input type="checkbox"/>		4X300m 100m jog recovery
<input type="checkbox"/>		C group 3 reps of each set
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 15th	A group 4x1 mile Grindon Rd, Tetley loops. 2min recovery
<input type="checkbox"/>		B group 3x1 mile
<input type="checkbox"/>		C group 2x1 mile
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 17th	A & B groups 8x600m. 200m jog recovery
<input type="checkbox"/>		C group 6x600m
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 22nd	All groups jog down to the Blue Bridge for 3 mile Burnside Blast.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 24th	Xmas eve. Quick easy session
<input type="checkbox"/>		All groups 10x300m 100m recovery
<input type="checkbox"/>		Santa suits optional.
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 29th	Annual Bay Horse Xmas canter. Meet in the car park Bay Horse Middridge 2pm. A run for everyone, followed by a drink or two at the bar. Bring plenty money to buy Rob and Mick a pint. This is one for the whole club, even the sick lame and lazy can join in.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 31st	New Year's Eve. Session to be arranged around anyone who turns up. Happy New Year from ARC