

ARC TRAINING PLAN FEBRUARY 2016

	Date	Task
<input type="checkbox"/>	Tues 2nd	All groups jog down to the Blue Bridge for the 3 mile Burnside blast.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 4th	Track championship 1000m. Starts 18:30 prompt.
<input type="checkbox"/>		Then 10, 8 or 6 x 400m with 200m recovery
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 9th	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.
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<input type="checkbox"/>	Thurs 11th	Track champs. 1500m Starts 18:30 prompt
<input type="checkbox"/>		Then 6,5 or 4 x 600m with 200m recovery.
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<input type="checkbox"/>	Tues 16th	Bluebell estate loops. A & B groups 4 long loops approx 1200 metres 2 mins recovery
<input type="checkbox"/>		C group 3 loops
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 18th	Track champs 1 mile
<input type="checkbox"/>		Then 200m, 400m, 600m, 800m, 600m, 400m, 200m with 200m recovery
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 23rd	5, 4 or 3 School Aycliffe loops clockwise.
<input type="checkbox"/>		Starting at the bottom of the hill running clockwise up steep section keeping on footpath turn right still climbing the long section then turn right at highest point on loop down hill, turn right again slightly down hill finish at 1st lamppost on right then jog to bottom of hill keep on footpaths at all times and watch out when crossing junctions on estate
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 25th	Track champs 3000m
<input type="checkbox"/>		Then 4 or 3 x500m with 300m recovery
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