

ARC TRAINING PLAN JANUARY 2016

	Date	Task
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 5th	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"/>		Do all sets anti-clockwise.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 7th	First track championship race 100m. Starts 18:30 prompt.
<input type="checkbox"/>		Then all groups 35 mins of 300metres with 100m/2 min recovery.
<input type="checkbox"/>		
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 12th	Jog down to St Clare's church then: All groups 2mins fast 2 mins slow doing A167 loop returning to complex via Preston Rd or for those wanting a shorter session loop back in at Ness back to St Clare's then to the complex via Pease Way.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 14th	200m track championship race. Starts 18:30 prompt
<input type="checkbox"/>		A & B groups 3x1 mile at 5k pace with 400m jog recovery
<input type="checkbox"/>		C group can do 3 reps if they want to give it a try or do 2 reps if they prefer.
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 19th	A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hill up the long uphill section keeping to the footpath turn left climbing the short section the turn left at the highest point finishing at the phone box. Jog back down the steep hill for recovery.
<input type="checkbox"/>		B group 4 loops, C group 3 loops
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 21st	400m track championship race. Start 18:30 prompt
<input type="checkbox"/>		Then A& B groups 6x800m with 200m recovery
<input type="checkbox"/>		C group 4 or 5 x 800m
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 26th	A group 10x filtronic hills jog back down as recovery
<input type="checkbox"/>		B group 8 hills. C group 4/6 hills
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 28th	800m track championship race starts 18:30 prompt
<input type="checkbox"/>		Then all groups 35 mins of 200m with 200m/2 min recovery