

ARC TRAINING PLAN MARCH 2016

	Date	Task
<input type="checkbox"/>	Tues 1st	All groups jog down to the Blue Bridge for 3 mile Burnside Blast.
<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 4 1/2 mile time trial starting at the top of Preston Rd.
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 24th	12,10 or 8 x 400m with 200m recovery
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 29th	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 31st	8x600m with 200m recovery
<input type="checkbox"/>		
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