ARC TRAINING PLAN APRIL 2016

Date	Task
Tues 5th	All groups jog down to the Blue Bridge for 3 mile Burnside Blast.
Thurs 7th	Track champs. 1500m starts 18:30 prompt
	Then 10x300m with 100m recovery
Tues 12th	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery
Thurs 14th	Track champs 1mile starts 18:30 prompt
	Then 8 or 6x400m with 200m Recovery
Tues 19th	Jog down to the boating lake then 4,3, or 2x 1mile with 3 mins recovery
Thurs 21st	Track champs 3000m. Starts 18:30 prompt. Then 1mile easy warmdown
Tues 26th	6,5or 4 complex field loops with 2 min recovery. Two loops each to warm up/down
Thurs 28th	10, 8 or 6 x 500m with 300m recovery