

Arc training plan June 2016

Thurs 2nd	6,5 or 4X800m with 200m jog recovery.					
Tues 7th	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile					
Thurs 9th	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
Tues 14th	6,5 or 4 complex field loops. Two loops each to warm up/down					
Thurs 16th	12,10 or 8x400m with 200m recovery					
Tues 21st	3rd of John's 3 mile railway handicap's. John takes names from half six. A great session that gives everyone a chance of winning.					
Thurs 23rd	16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
Tues 28th	7 or 5 miles around the Great Aycliffe Way. Make sure you run with someone who knows the route. Faster runners jog back for the slower runners in their group.					
Thurs 30th	200m track championship starts 18:30 prompt					
	Then: 12,10 or 8x300m with 100m recovery					