

ARC TRAINING PLAN MAY 2016

	Date	Task
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 3rd	Walkers lane wellie. Run to Middridge via Greenfield and Horse field to Walkers lane. From the top of the horse field run south towards School Aycliffe, turn left at the road then left again at the water tower and back to the horse field.
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<input type="checkbox"/>	Thurs 5th	5x1k with 200m recovery
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 10th	1st 3 mile Railway handicap. John will take names from 18:30 for 19:00 start. A great series to test your fitness over the summer and anyone from the fastest to the slowest in the club can win this.
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<input type="checkbox"/>	Thurs 12th	3x600 with 200m recovery.
<input type="checkbox"/>		3x500 with 100m recovery
<input type="checkbox"/>		3x400 with 200m recovery
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<input type="checkbox"/>	Tues 17th	Run up to Heighington for warm up. Then 3.3 Redworth loop anti clockwise at 10k pace.
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<input type="checkbox"/>	Thurs 19th	12x400 with 200m recovery
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<input type="checkbox"/>	Tues 24th	2nd Railway handicap. John will take names from 18:30 for 19:00 start
<input type="checkbox"/>		
<input type="checkbox"/>	Thurs 26th	Track champs 100m. Start 18:30 prompt
<input type="checkbox"/>		Then 200m-400m-600m-800m-1000m-800m-600m-400m-200m with 200m recovery
<input type="checkbox"/>		
<input type="checkbox"/>	Tues 31st	Run up the new railway path to Walkers lane for a hill session in the beautiful countryside. 8-10 hills.
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