

ARC training plan July 2016

Tues 5th	4th of John's railway handicap's. John will take names from 18.30 at the Oakleaf Complex					
Thurs 7th	400m track champs. Then 3x400m with 200m recovery. 4x300with 100m recovery. 6x200m with 200m recovery					
Tues 12th	6,5,or 4 complex field loops. 2 loops each to warm up/down.					
Thurs 14th	8,7 or 6x600m with 200m recovery					
Tues 19th	Crook relays. Anyone not doing the relays, 7 mile fartlek session around the Central Avenue, A167, trading estate loop.					
Thurs 21st	12,10, or 8x400m with 200m recovery					
Tues 26th	10x walker lane hills. Jog along railway track to warm up/down					
Thurs 28th	10,8 or 6x500m with 300m recovery					