		ARC training September 2016				
Thurs 1st	6,5 or 4X800m with 200m jog recovery.					
Tues 6th	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile					
Thurs 8th	4x400m with200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&Cgroups one less rep for each set.					
Tues 13th	6,5 or 4 complex field loops. Two loops each to warm up/down					
Thurs 15th	12,10 or 8x400m with 200m recovery					
Tues 20th	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
Thurs 22nd	1000m track champs. Then 16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
Tues 27th	7 or 5 miles fartlek 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 29th	12,10 or 8x300m with 100m recovery					