

ARC training plan August 2016

<b>Tues 2nd</b>	10,8 or 6x400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Ave. approx 1 mile.					
<b>Thurs 4th</b>	800m Track Champs. Followed by 35 mins 200m with 200m recovery					
<b>Tues 9th</b>	4x3,2,1 mins round the A167, industrial estate loop. Starting at St. Clare's church. 7 or 5 mile options.					
<b>Thurs 11th</b>	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.					
<b>Tues 16th</b>	Heighington, Redworth loop 3.3 miles approx at 10k pace. Anyone not wanting to jog up to Heighington can park opposite the school at the top of the lane.					
<b>Thurs 18th</b>	200m,400m,600m,400m,200m x2. 200m recovery for all, 400m recovery between sets					
<b>Tues 23rd</b>	Last of John's railway handicaps. Register at the complex from 18:30 for 19:00 start.					
<b>Thurs 25th</b>	12,10, or 8x400 with 200m recovery					
<b>Tues 30th</b>	Lovers lane 3x1mile reps with 2mins recovery. Jog up to Lovers lane for warm up. Jog back via golf course.					