

ARC training October 2016

<b>Tues 4th</b>	A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hill up the long uphill section keeping to the footpath turn left climbing the short section the turn left at the highest point finishing at the phone box. Jog back down the steep hill for recovery.					
<b>Thurs 6th</b>	6,5 or 4X800m with 200m jog recovery.					
<b>Tues 11th</b>	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile					
<b>Thurs 13th</b>	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
<b>Tues 18th</b>	All groups 4x3,2,1 mins round 7 mile Town/trading estate loop, jog down to St Clare's for start. Recovery 2mins all reps. Or alternatively, 5 mile route cutting in at Ness and looping back to St Clare's.					
<b>Thurs 20th</b>	Track champs. 1500m Starts 18:30 prompt. Then 6,5 or 4 x 600 with 200m recovery					
<b>Tues 25th</b>	All groups jog down to the Blue Bridge for 3 mile Burnside Blast.					
<b>Thurs 27th</b>	12,10,8x400 with 200m recovery.					