

ARC training November 2016	
<b>Tues 1st</b>	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills
<b>Thurs 3rd</b>	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.
<b>Tues 8th</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 10th</b>	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.
<b>Tues 15th</b>	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile
<b>Thurs 17th</b>	Track champs. 1 mile. Then 4x800m with 200m recovery
<b>Tues 22nd</b>	4.5 mile time trial. Start at the top of Preston Road run clockwise down past Holiways turn right past garage on to A167 turn right down to Fujitsu bank finish back at the top of Preston Road. Slowest runners set off first.
<b>Thurs 24th</b>	14, 10 or 8x300 with 100m recovery
<b>Tues 29th</b>	All groups 2mins fast 2mins recovery round 7 mile Town/trading estate loop, jog down to St Clare's for start. Or alternatively, 5 mile route cutting in at Ness and looping back to St Clare's. Run back for slower runners in the group during recovery.