

ARC Training plan December 2016

<b>Thurs 1st</b>	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
<b>Tues 6th</b>	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery					
<b>Thurs 8th</b>	Track champs 3000m. Starts 18:30 prompt. Then 1mile easy warmdown					
<b>Tues 13th</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 15th</b>	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.					
<b>Tues 20th</b>	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile					
<b>Thurs 22nd</b>	200,400,600,800,600,400,200m with 200m recovery. Then 400m jog and 200,400,600,400,200m with 200m recovery. C group miss out 800m in the first set and 600m in second set.					
<b>Tues 27th</b>	No run planned. Jolly Holly Hog and Guisborough woods races are on this day if anyone fancies racing.					
<b>Thurs 29th</b>	12,10,8x400 with 200m recovery.					
<b>Fri 30th</b>	Annual Bay Horse Xmas canter. Meet in the car park Bay Horse Middridge 2pm. A run for everyone, followed by a drink or two at the bar. Bring plenty money to buy Rob and Mick a pint. This is one for the whole club, even the sick lame and lazy can join in.					