ARC Training Plan February 2017

6,5 or 4X800m with 2	200m jog recovery.				
10,8 or 6X400m on 0	Coatham Avenue, Red	worth Way. 100m reco	very. Jog down to star	t at Coatham Avenue a	approx. 1 mile
4x400m with200m re	covery, 6x300m with 1	00m recovery, 8x200r	m with 200m recovery.	B&Cgroups one less r	ep for each set.
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.					
12,10 or 8x400m with	n 200m recovery				
	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 h for recovery.				
			jog and 200,400,600,4	400,200m with 200m r	ecovery. C group
4,3 or 2 Bluebell esta	te long loops approx	1200m. 2 mins recover	У		
	10,8 or 6X400m on Control 4x400m with200m reduced 4.5 mile time trial. Standown to Fujitsu bank 12,10 or 8x400m with A group 5x School Ay footpath turn left clim for recovery. 200,400,600,800,600 miss out 800m in the	4.5 mile time trial. Start at the top of Presto down to Fujitsu bank finish back at the top 12,10 or 8x400m with 200m recovery A group 5x School Aycliffe phone box loops footpath turn left climbing the short section for recovery. 200,400,600,800,600,400,200m with 200m miss out 800m in the first set and 600m in section for recovery.	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m reco 4x400m with200m recovery, 6x300m with 100m recovery, 8x200r 4.5 mile time trial. Start at the top of Preston Road run clockwise down to Fujitsu bank finish back at the top of Preston Road. Slow 12,10 or 8x400m with 200m recovery A group 5x School Aycliffe phone box loops Anti clockwise. Start a footpath turn left climbing the short section the turn left at the high for recovery. 200,400,600,800,600,400,200m with 200m recovery. Then 400m miss out 800m in the first set and 600m in second set.	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to star 4x400m with200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. 4.5 mile time trial. Start at the top of Preston Road run clockwise down past Holiways t down to Fujitsu bank finish back at the top of Preston Road. Slowest runners set off firs 12,10 or 8x400m with 200m recovery A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hil footpath turn left climbing the short section the turn left at the highest point finishing at t for recovery. 200,400,600,800,600,400,200m with 200m recovery. Then 400m jog and 200,400,600,	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue at 4x400m with200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&Cgroups one less redword to Fujitsu bank finish back at the top of Preston Road run clockwise down past Holiways turn right past garage of down to Fujitsu bank finish back at the top of Preston Road. Slowest runners set off first. 12,10 or 8x400m with 200m recovery A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hill up the long uphill see footpath turn left climbing the short section the turn left at the highest point finishing at the phone box. Jog back for recovery. 200,400,600,800,600,400,200m with 200m recovery. Then 400m jog and 200,400,600,400,200m with 200m remiss out 800m in the first set and 600m in second set.