

ARC Training Plan March 2017

Thurs 2nd	12,10 or 8x400M with 1 min recovery					
Tues 7th	All groups jog to the garage at the top of Woodham Way. Then 1 or 2 loops round Woodham Way.					
Thurs 9th	14, 10 or 8x300 with 100m recovery					
Tues 14th	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
Thurs 16th	5x1k with 200m jog recovery					
Tues 21st	2 x 2mile around Preston Rd, Whinbank Rd. This is a new session I will put a map on FB to show the exact route.					
Thurs 23rd	10 or 8 x 500m with 100m jog					
Tues 28th	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.					
Thurs 30th	8,6 or 5 x 800m with 1 min recovery					