

ARC TRAINING PLAN APRIL 2017

Tues 4th	1st 3 mile Railway handicap. John will take names from 18:30 for 19:00 start. A great series to test your fitness over the summer and anyone from the fastest to the slowest in the club can win this.					
Thurs 6th	12,10 or 8x400M with 1 min recovery					
Tues 11th	10x walker lane hills. Jog along railway track to warm up/down					
Thurs 13th	14, 10 or 8x300 with 100m recovery					
Tues 18th	2 x 2mile around Preston Rd, Whinbank Rd. The A group can do an extra two and a half minute out and back effort on the same route.					
Thurs 20th	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.					
Tues 25th	Lovers lane 3x1mile reps with 2mins recovery. Jog up to Lovers lane for warm up. Jog back via golf course.					
Thurs 27th	3x600m with 200m recovery, 4x500m with 100m recovery, 5x400m with 200m recovery or 2 reps from each set, same recovery.					