

ARC TRAINING PLAN MAY 2017

Tues 2nd	6,5 or 4 complex field loops. Two loops each to warm up/down					
Thurs 4th	Track champs 400m. Start 18:30 prompt Then 200m-400m-600m-800m-1000m-800m-600m-400m-200m with 200m recovery					
Tues 9th	2nd Railway handicap. John will take names from 18:30 for 19:00 start					
Thurs 11th	5x1k with 200m recovery					
Tues 16th	Run up to Heighington for warm up. Then 3.3 Redworth loop anti clockwise at 10k pace.					
Thurs 18th	12,10 or 8x400M with 1 min recovery					
Tues 23rd	7 or 5 miles fartlek around the Great Aycliffe Way. Make sure you run with someone who knows the route. Faster runners jog back for the slower runners in their group.					
Thurs 25th	6,5 or 4X800m with 1min jog recovery.					
Tues 30th	Walkers lane wellie. Run to Middridge via Greenfield and Horse field to Walkers lane. From the top of the horse field run south towards School Aycliffe, turn left at the road then left again at the water tower and back to the horse field.					