

ARC TRAINING PLAN JUNE 2017

Thurs 1st	14,12 or 10x300m with 100m recovery					
Tues 6th	3rd Railway Handicap. John will take names from 18.30 for 19.00 start					
Thurs 8th	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
Tues 13th	6,5 or 4 complex field loops. Two loops each to warm up/down					
Thurs 15th	12,10 or 8x400m with 1min recovery					
Tues 20th	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 22nd	400m track champs. Then 16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
Tues 27th	10x walker lane hills. Jog along railway track to warm up/cool down					
Thurs 29th	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.					