

ARC TRAINING PLAN AUGUST 2017

<b>Tues 1st</b>	6,5,or 4 complex field loops. 2 loops each to warm up/down.					
<b>Thurs 3rd</b>	12,10 or 8x400m with 1min recovery					
<b>Tues 8th</b>	10x walker lane hills. Jog along railway track to warm up/cool down					
<b>Thurs 10th</b>	6,5 or 4X800m with 1min jog recovery.					
<b>Tues 15th</b>	Lovers lane 3x1mile reps with 2mins recovery. Jog up to Lovers lane for warm up. Jog back via golf course.					
<b>Thurs 17th</b>	16,14 or 12x200 with partner of similar ability. Jog across field as recovery					
<b>Tues 22nd</b>	4x3,2,1 mins round the A167, industrial estate loop. Starting at St. Clare's church. 7 or 5 mile options.					
<b>Thurs 24th</b>	Paarlauf. Big prizes to be won in this session.					
<b>Tues 29th</b>	Last of John's railway handicaps. Register at the complex from 18:30 for 19:00 start.					

Table 2