

ARC Training Plan July 2017

Tues 4th	10x walker lane hills. Jog along railway track to warm up/down					
Thurs 6th	10,8 or 6x500m with 300m recovery					
Tues 11th	4th of John's railway handicap's. John will take names from 18.30 at the Oakleaf Complex					
Thurs 13th	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
Tues 18th	Jog down to the boating lake then 4,3, or 2x 1 mile with 3 mins recovery					
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	Run up to Heighington for warm up. Then 3.3 Redworth loop anti clockwise at 10k pace.					
Thurs 27th	14,12 or 10x300m with 100m recovery					