

ARC training plan September 2017

<b>Tues 5th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.
<b>Thurs 7th</b>	800m track champs. Then 3x400m with 200m recovery. 4x300m with 100m recovery. 6x200m with 200m recovery
<b>Tues 12th</b>	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills
<b>Thurs 14th</b>	10,8 or 6x500m with 300m recovery
<b>Tues 19th</b>	10,8 or 6x400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile
<b>Thurs 21st</b>	16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery
<b>Tues 26th</b>	All groups 2 mins fast with 2 mins recovery starting at the top of Preston Rd clockwise round A167, Aycliffe village, Filtronic returning up Preston Road. Fast runners jog back to pick up slower members during recovery.
<b>Thurs 28th</b>	Paarlauf. Big prizes to be won in this session as always.