

ARC training plan October2017

Tues 3rd	A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hill up the long uphill section keeping to the footpath turn left climbing the short section the turn left at the highest point finishing at the phone box. Jog back down the steep hill for recovery.					
Thurs 5th	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 10th	4.5 mile time trial. Start at the top of Preston Road run clockwise down past Holiways turn right past garage on to A167 turn right down to Fujitsu bank finish back at the top of Preston Road. Slowest runners set off first.					
Thurs 12th	3000m track champs. 4x400m to warm up and cool down					
Tues 17th	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery					
Thurs 19th	12,10 or 8x400M with 1 min recovery					
Tues 24th	10,8 or 6 fitronic hills jog back down as recovery					
Thurs 26th	10 or 8 x 500m with 100m jog					
Tues 31st	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.					