

ARC training plan November 2017

<b>Thurs 2nd</b>	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.					
<b>Tues 7th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
<b>Thurs 9th</b>	5x1k with 200m jog recovery					
<b>Tues 14th</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 16th</b>	Track champs. 1 mile. Then 4x800m with 200m recovery					
<b>Tues 21st</b>	A group 4x1 mile Grindon Rd, Tetley loops. 2min recovery B group 3 loops others 2 loops					
<b>Thurs 23rd</b>	Paarlauf. Big prizes to be won in this session as always. A great opportunity for the slower groups to team up with the faster runners					
<b>Tues 28th</b>	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills					
<b>Thurs 30th</b>	6,5 or 4X800m with 1min jog recovery.					