

ARC training plan December 2017

<b>Tues 5th</b>	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.					
<b>Thurs 7th</b>	10,8 or 6x500m with 300m recovery					
<b>Tues 12th</b>	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery					
<b>Thurs 14th</b>	14, 10 or 8x300 with 100m recovery					
<b>Tues 19th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
<b>Thurs 21st</b>	Xmas Paarlauf Santa suits optional.					
<b>Tues 26th</b>	Boxing Day no session planned					
<b>Thurs 28th</b>	12,10 or 8x400m with 200m recovery					
<b>Fri 29th</b>	Xmas social run. All welcome meet at the Bay Horse, Middridge 3pm for an easy run followed by a couple of drinks at the bar.					