

ARC training plan January 2018

Tues 2nd	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills					
Thurs 4th	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
Tues 9th	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery					
Thurs 11th	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.					
Tues 16th	10,8 or 6X400m on Coatham Avenue, Redworth Way. 100m recovery. Jog down to start at Coatham Avenue approx. 1 mile					
Thurs 18th	6x800m with 200m recovery					
Tues 23rd	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 25th	14, 10 or 8x300 with 100m recovery					
Tues 30th	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.					