

ARC Training plan February 2018

<b>Thurs 1st</b>	6,5 or 4X800m with 200m jog recovery.					
<b>Tues 6th</b>	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.					
<b>Thurs 8th</b>	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
<b>Tues 13th</b>	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.					
<b>Thurs 15th</b>	12,10 or 8x400m with 200m recovery					
<b>Tues 20th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
<b>Thurs 22nd</b>	10,8 or 6x500m with 300m recovery					
<b>Tues 27th</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 29th</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.					