

ARC training plan March 2018

Thurs 1st	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 6th	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills					
Thurs 8th	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.					
Tues 13th	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery					
Thurs 15th	6,5 or 4X800m with 200m jog recovery.					
Tues 20th	15x1min fast 1 min recovery. Around the four and a half mile loop starting at the top of Preston Rd. B group 12 reps. C group 8/10. Please jog back to regroup during recovery.					
Thurs 22nd	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					
Tues 27th	All groups jog down to the bottom of Preston Rd. Then. 3,2 or1 mile reps. around Cumby Way, Whitworth Rd, Durham Way loop					
Thurs 29th	5x1k with 200m jog recovery					