ARC training plan April 2018

Tues 3rd	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.					
Thurs 5th	12,10 or 8x400M with 1 min recovery					
Tues 10th	1st 3 mile Railway handicap. John will take names from 18:30 for 19:00 start. A great series to test your fitness over the summer and anyone from the fastest to the slowest in the club can win this.					
Thurs 12th	14, 10 or 8x300 with 100m recovery					
Tues 17th	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.					
Thurs 19th	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 24th	10,8 or 6 Walker lane hills. Jog along railway path to warm up/ cool down					
Thurs 26th	Paarlauf					