

ARC training plan May 2018

<b>Tues 1st</b>	2nd Railway handicap. John will take names from 18:30 for 19:00 start					
<b>Thurs 3rd</b>	10, 8, or 6x500m with 300m jog recovery					
<b>Tues 8th</b>	6,5 or 4 complex field loops. Two loops each to warm up/down					
<b>Thurs 10th</b>	5x1k with 200m recovery					
<b>Tues 15th</b>	Run up to Heighington for warm up. Then 3.3 Redworth loop anti clockwise at 10k pace.					
<b>Thurs 17th</b>	12,10 or 8x400M with 1 min recovery					
<b>Tues 22nd</b>	3rd Railway handicap. John will take names from 18:30 for 19:00 start					
<b>Thurs 24th</b>	6,5 or 4x800m with 1min jog recovery.					
<b>Tues 29th</b>	Walkers lane wellie. Run to Middridge via Greenfield and Horse field to Walkers lane. From the top of the horse field run south towards School Aycliffe, turn left at the road then left again at the water tower and back to the horse field.					