

ARC training plan June 2018

Thurs 31st May	16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
Tues 5th	4th Railway Handicap. John will take names from 18.30 for 19.00 start					
Thurs 7th	14, 10 or 8x300 with 100m recovery					
Tues 12th	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
Thurs 14th	5x1k with 200m jog recovery					
Tues 19th	2 x 2mile around Preston Rd, Whinbank Rd. This is a new session I will put a map on FB to show the exact route.					
Thurs 21st	10 or 8 x 500m with 100m jog					
Tues 26th	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 28th	8,6 or 5 x 800m with 1 min recovery					