

ARC training plan 2018

Thurs 2nd	16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
Tues 7th	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 9th	14, 10 or 8x300 with 100m recovery					
Tues 14th	Last of John's railway handicaps. Register at the complex from 18:30 for 19:00 start.					
Thurs 16th	3x600m with 200m recovery, 3x500m with 100m recovery, 3x400m with 200m recovery or 2 reps from each set, same recovery.					
Tues 21st	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 23rd	10 or 8 x 500m with 100m jog					
Tues 28th	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 30th	6x800m with 200m recovery					