

ARC training plan July 2018

Tues 3rd	Last of John's railway handicaps. Register at the complex from 18:30 for 19:00 start.					
Thurs 5th	14,12 or 10x300m with 100m recovery					
Tues 10th	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 12th	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
Tues 17th	6,5 or 4 complex field loops. Two loops each to warm up/down					
Thurs 19th	12,10 or 8x400m with 1min recovery					
Tues 24th	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 26th	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 31st	10x walker lane hills. Jog along railway track to warm up/cool down					