

ARC training plan November 2018

<b>Thurs 1st</b>	6,5 or 4X800m with 200m jog recovery.					
<b>Tues 6th</b>	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.					
<b>Thurs 8th</b>	4x400m with 200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&C groups one less rep for each set.					
<b>Tues 13th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
<b>Thurs 15th</b>	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.					
<b>Tues 20th</b>	A Group 10x steep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills					
<b>Thurs 22nd</b>	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
<b>Tues 27th</b>	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.					
<b>Thurs 29th</b>	4x1200 with 400m recovery. Each rep should consist of 400m at HM pace, 400 at 10k pace and 400 at 5k pace. B group 3 reps C group 2 reps					