

## ARC training plan October 2018

<b>Tues 2nd</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 4th</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				
<b>Tues 9th</b>	2 x 2mile around Preston Rd, Whinbank Rd.				
<b>Thurs 11th</b>	1200,800,400,200,400,800,1200 with 200m recovery between reps				
<b>Tues 16th</b>	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. B and C groups can do this as a steady run if they prefer.				
<b>Thurs 18th</b>	12,10 or 8x400m with 1min recovery				
<b>Tues 23rd</b>	A group 5x School Aycliffe phone box loops Anti clockwise. Start at the bottom of the hill up the long uphill section keeping to the footpath turn left climbing the short section the turn left at the highest point finishing at the phone box. Jog back down the steep hill for recovery.				
<b>Thurs 25th</b>	Paarlauf. Big prizes to be won in this session as always. A great opportunity for the slower groups to team up with the faster runners				
<b>Tues 30th</b>	4,3 or 2 Bluebell estate long loops approx 1200m. 2 mins recovery				