

ARC training plan January 2019

Thurs 3rd	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 8th	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
Thurs 10th	5x1k with 200m jog recovery					
Tues 15th	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 17th	6,5 or 4x800m with 200m recovery					
Tues 22nd	2 x 2mile around Preston Rd, Whinbank Rd.					
Thurs 24th	14, 10 or 8x300 with 100m recovery					
Tues 29th	A Group 10xsteep School Aycliffe hills. Recovery, jog back down hill. B Group 8 hills. C Group 6 hills					