

# ARC training plan February 2019

<b>Tues 5th</b>	Warm up jog down to bottom of Preston Rd. Then 4,3 or 2 x1mile Roman shower loops. Cool down jog back to complex					
<b>Thurs 7th</b>	4x400m with200m recovery, 6x300m with 100m recovery, 8x200m with 200m recovery. B&Cgroups one less rep for each set.					
<b>Tues 12th</b>	6,5 or 4 'Dolly' Bluebell loops. 800m reps. Jog or drive down to Navy Club for the start.					
<b>Thurs 14th</b>	4 laps jogging straights and sprinting bends warm up. Then 1 mile time trial followed by 4 laps sprinting straights and jogging the bends for cool down					
<b>Tues 19th</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 21st</b>	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
<b>Tues 26th</b>	Burnside blast. Jog down to Blue bridge to warm up then 3 miles at 5k pace. Slowest runners set off first.					
<b>Thurs 28th</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.					