

ARC training plan May 2019

Thurs 2nd	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					
Tues 7th	Lovers lane 3x1mile reps with 2mins recovery. Jog up to Lovers lane for warm up. Jog back via golf course.					
Thurs 9th	14,12 or 10x300m with 100m recovery					
Tues 14th	2nd Railway Handicap. John will take names from 18.30 for 19.00 start					
Thurs 16th	A group 10x500m. Recovery 300m jog. B group 8 reps. C group 6 reps.					
Tues 21st	10,8 or 6 Walker lane hills. Jog along railway path to warm up/ cool down					
Thurs 23rd	5x1k with 200m jog recovery					
Tues 28th	Jog up to Heighington then 10mins out and back down past Redworth towards Shildon					
Thurs 30th	8,6 or 5 x 800m with 1 min recovery					