

ARC training plan June 2019

<b>Tues 4th</b>	3rd Railway handicap. John will take names from 18:30 for 19:00 start					
<b>Thurs 6th</b>	1200,800,400,200,400,800,1200 with 200m recovery between reps					
<b>Tues 11th</b>	All groups jog to the garage at the top of Woodham Way. Then 1 or 2 loops round Woodham Way.					
<b>Thurs 13th</b>	12,10 or 8x400m with 200m recovery					
<b>Tues 18th</b>	6,5 or 4 complex field loops. Two loops each to warm up/down					
<b>Thurs 20th</b>	16,12 or 10x200m with a partner of similar ability. 100m jog across the field for recovery					
<b>Tues 25th</b>	4,3or 2 Boating lake mile loops. Jog down/back from complex for warm up/ cool down					
<b>Thurs 27th</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					