

ARC training plan July 2019

<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>	6,5 or 4 'Dolly' Bluebell loops. 800m reps. Jog or drive down to Navy Club for the start.					
<b>Thurs 11th</b>	10,8 or 6x500m with 300m recovery					
<b>Tues 16th</b>	Heighington, Redworth loop 3.3 miles approx at 10k pace. Anyone not wanting to jog up to Heighington can park opposite the school at the top of the lane.					
<b>Thurs 18th</b>	14, 10 or 8x300 with 100m recovery					
<b>Tues 23rd</b>	7 or 5 miles fartlek around the Great Aycliffe Way. Make sure you run with someone who knows the route. Faster runners jog back for the slower runners in their group.					
<b>Thurs 25th</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.					
<b>Tues 30th</b>	4th of John's Railway Handicaps register at the complex from 18.30 first runner off at 19.00					