

ARC TRAINING PLAN - AUGUST 2019

Thurs 1 st August	<p>200m PAARLAUF</p> <p>each member partners with another member of similar ability. Then starting from halfway along a 100m straight partner 1 runs 200m to the opposite side of the track and tags their partner for their rep. Recovery across the infield to meet partner and go again.</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	A Group - 16	B group - 12	C group -10
Tues 6 th	<p>LOVERS LANE 3 X 1 MILE</p> <p>Run from Oakleaf complex along School Aycliffe to Lovers Lane then 3 x 1 mile - 2 x downhill reps and 1 x uphill rep. All runners regroup at end to job back to complex via golf course.</p>	A & B groups 3 full reps		C group only run back to end of Heighington Lane on second rep
Thurs 8 th	<p>5s, 4s, and 3s</p> <p>500s with 300m jog recovery, 400s with 200m jog recovery, 300s with 100m jog recovery</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A group</p> <p>4 x 500s 4 x 400s 4 x 300x</p>	<p>B group</p> <p>4 x 500s 4 x 400s 4 x 300s</p>	<p>C group</p> <p>3 x 500s 3 x 400s 3 x 300s</p>
Tues 13 th	<p>NEW SESSION - THE 600 SOLUTION</p> <p>600m road reps on Rope Moor Way and Cobblers Hall Road. Starting from the Oakleaf Complex jog along to Woodham. Members not wanting to run the full distance can meet at the Navy Club at approx. 7.10 p.m. or Cobblers Hall at approx. 7.15 p.m.. Session begins on Rope Moor way</p>	<p>A group</p> <p>10 reps with 90 seconds recovery at 5k pace</p>	<p>B group</p> <p>8 reps with 90 seconds recovery at 5k pace</p>	<p>C group</p> <p>6 reps with 90 seconds recovery at 5k pace</p>
Thurs 15 th	<p>400m REPS</p> <p>400m reps with 1 min standing recovery.</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A group</p> <p>12 reps</p>	<p>B group</p> <p>10 reps</p>	<p>C group</p> <p>8 reps</p>
Tues 20 th	<p>HANDICAP RACE NUMBER 5</p> <p>John Burnside will take names from 6.30 p.m. at the Oakleaf Complex. Please have a recent 5k or 10k time. Race starts at 7 p.m.</p>			

Thurs 22 nd	<p>NEW SESSION - OUT AND BACK PYRAMID</p> <p>All runners will start and finish at the same time regardless of ability. Runners will run for 1 min, take 30s recovery and return in the direction that they came from. Then 2 mins run with 1 min recovery and return 3 mins run with 90s recovery and return 4 mins run with 2 mins recover and return and then back down the pyramid.</p> <p>The session coach/run leader will take care of the timing so no need to be looking at your watch</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>			
Tues 27 th	<p>WALKER LANE HILLS</p> <p>Run from Oakleaf complex along the rail line path towards Shildon until reach the bridge at Walkers Lane.</p> <p>All runners start and finish each rep together once the first placed runner reaches the top when all turn and jog back down for recovery</p>	<p>A group</p> <p>10 hill reps</p>	<p>B group</p> <p>8 hill reps</p>	<p>C group</p> <p>6 hill reps</p>
Thurs 29 th	<p>300M REPS</p> <p>300m reps with 100m recovery.</p> <p>Please try to run the session in single file and ensure that your recovery is taken in the outside lanes</p> <p>Please note that group drills and warm up will take place at 6.15 p.m. We would encourage members attend for this to ensure that they are fully warmed up for the session.</p>	<p>A group</p> <p>16 reps</p>	<p>B group</p> <p>12 reps</p>	<p>C group</p> <p>10 reps</p>