

AT THIS TIME OF YEAR ALL ATHLETES MUST WEAR SOMETHING REFLECTIVE FOR EVERY TUESDAY NIGHT SESSION

#BESAFEBESEN

ARC TRAINING PLAN – OCTOBER 2019

<p>Tues 1st</p>	<p>PRESTON ROAD 2 MILE LOOP</p> <p>Jog to start of loo on Hurworth Road then run 2 mile loop down Preston Road, left on to Whinbank Road, left on to Horndale Avenue and onto Preston Road for finish. Jog back to the start point for recovery.</p>	<p>A Group – 2</p>	<p>B group – 2</p>	<p>C group - 1</p>
<p>Thurs 3rd</p>	<p>5s, 4s, and 3s</p> <p>500s with 300 jog recovery 400s with 200 jog recovery 300s with 100 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 300s</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>
<p>Tues 8th</p>	<p>BLUEBELL LOOPS – 1200M</p> <p>Jog from the complex along Burnhill Way to Navy Club (where members not wanting to do the full warm up will meet us) then onto Bluebell Estate. Then undertake the required number of loops for ability with 2 mins recovery between each loop alternating the direction of the loop each rep</p>	<p>A group – 4loops</p>	<p>B group – 3 loops</p>	<p>C group – 2 loops</p>

<p>Thurs 10th</p>	<p>400m REPS</p> <p>This session is as it states, simple 400m (1 x lap reps).</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>
<p>Tues 15th</p>	<p>3, 2. AND 1 MINUTE INTERVALS</p> <p>All groups run from the Oakleaf to St Claires Church opposite DH5. (members can also meet us at this point). A & B groups will run to A167 along to Aycliffe Village turning in at 3M and back to Oakleaf through Inudstrial Estate. C group will run the same only turning back on to St Cuthberts Way past Blue Bridge and back along Pease Way to Oakleaf.</p> <p>Jog back after each interval to regroup. Both groups will have a nominated Coach/Run leader.</p>	<p>A group</p> <p>4 x 3, 2, 1 – 6ish mile in total</p>	<p>B group</p> <p>4 x 3, 2, 1 = 6ish mile in total</p>	<p>C group</p> <p>3/2 x 3, 2, 1 5 miles in total</p>
<p>Thurs 17th</p>	<p>800m REPS</p> <p>800 m reps with 1 min recovery after each rep 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 – 8 reps</p>	<p>B group – 6 reps</p>	<p>C group – 5 reps</p>
<p>Tues 22th</p>	<p>SCHOOL AYCLIFFE (MISSING) PHONE BOX LOOPS</p> <p>All groups jog along to School Aycliffe for the loops. Starting at the bottom of High Barn Road , run anti-clockwise up the long hill turning left back on to School Aycliffe Lane finishing at the traffic lights. Approx 800m per loop. Jog back down the steep hill for recovery.</p>	<p>A group – 5 reps</p>	<p>B group – 4 reps</p>	<p>C group – 3 reps</p>

<p>Thurs 24th</p>	<p>300m REPS</p> <p>300m reps with 100m 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>16 reps</p>	<p>B group</p> <p>12 reps</p>	<p>C group</p> <p>10 reps</p>
<p>Tues 29th</p>	<p>BURNSIDE BLAST 3 MILE LOOP</p> <p>All groups jog to Blue Bridge.</p> <p>3 mile town loop along St Cuthbert's Way to A167. Run past Gretna Pub along to traffic lights turning left onto Central Avenue. Run past Tesco, left past The Big Club back to Blue Bridge.</p> <p>Runners will set off at intervals relative to their ability.</p>			
<p>Thurs 31st</p>	<p>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</p> <p>2 mins run with 1 min recovery and return</p> <p>3 mins run with 90s recovery and then return</p> <p>4 mins run with 2 mins recovery and return and then back down the pyramid.</p> <p>The sessions 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>			