**ARC TRAINING PLAN – SEPTEMBER 2019**

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| **Tues 3rd** | **COBBLERS HALL LOOP – 1200M**  1200M loop with 2 mins recovery between each rep. Warm up run from Complex jogging towards the navy Club then continue on to Burn Lane then cross to the Cobblers Hall Estate. Session will start near the car park to the Pioneering Care Centre on Carers Way.  Members not wanting to jog the full distance can meet at the Navy Club. | A Group – 4 | B group – 3 | C group -2 |
| **Thurs 5th** | **500m REPS WITH 100m jog back recovery**  After each 500m rep all runners will jog back to start line for their 100m recovery so each rep will begin at the start line.  Try to run the session in single file and ensure that your recovery is taken in the outside lanes.  **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.** | A Group – 10 | B Group – 8 | C group - 6 |
| **Tues 10th** | **COMPLEX FIELDS 800m – cross country training**  1 lap of the big field will take place for the warm up.  Then the main session will be loops of the smaller two fields with 2 mins recovery between each rep.  Thereafter a further 1 lap of the big field for the cool down. | A group – 6 loops | B group – 5 loops | C group – 4 loops |
| **Thurs 12th** | **INVERTED PYRAMID**  1200M, 800, 400, 200, 400, 800, 1200 with 200m jog recovery between each rep.  Try to run the session in single file and ensure that your recovery is taken in the outside lanes.  **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.** | A group  Full pyramid | B group  Full pyramid | C group  can miss out 1200s |
| **Tues 17th** | **BOATING LAKE LOOPS – 1 mile reps**  All members run from the Oakleaf over to West Park and the start of the loop.  At the end of each rep there will be a walk on recovery back to the starting point for the next rep. | A group  4 reps | B group  3 reps | C group  2 reps |
| **Thurs 19th** | **600m REPS**  600 m reps with 200m recovery after each rep.  Try to run the session in single file and ensure that your recovery is taken in the outside lanes.  **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.** | A group – 10 reps | B group – 8 reps | C group – 6 reps |
| **Tues 24th** | **OUT AND BACK BLUE BRIDGE**  All runners jog to the Blue Bridge on St Cuthberts Way. All members will then start together and run for 10 mins along St Cuthbert’s Way on to the A167 turning left up past the Gretna until 10 mins has passed. Then turn round and run back in the direction you came. The idea is that you will return to the point around the same time if paced correctly. |  |  |  |
| **Thurs 26th** | **TRACK PAARLAUF**  A chance for slower and faster runners to pair up and compete against other teams. Faster runners will cover 400m and slower runners 300m each rep.  There are prizes to be won and so it is not to be missed. | A group  10 reps | B group  10 reps | C group  10 reps |