

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

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ARC TRAINING PLAN – NOVEMBER 2019

<p>Tues 5TH</p>	<p>HAWTHORN DRIVE 400M REPS – NEW SESSION</p> <p>Jog from the Oakleaf Complex up School Aycliffe Lane to the Chestnuts Housing Estate. Each 400m rep is a loop of Hawthorn Drive commencing at the lamppost on the inner path of Hawthorn Drive in a clockwise direction following the footpath as it turns right, right and right again finishing at the lamppost just before you reach Tamarind Close.</p> <p>Recovery is a slow jog around Tamarind Close back to the start point.</p>	<p>A Group – 12</p>	<p>B group – 10</p>	<p>C group – 8</p>
<p>Thurs 7th</p>	<p>PYRAMID SESSION</p> <p>Pyramid session of increasing and decreasing distances with recovery remaining consistent.</p> <p>200m, 400m, 600m, 800m, 600m, 400m, 200m AND 200m, 400m 600m, 400m, 200m</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>As session states with 200m recovery between each rep and 400m recovery between pyramids</p>	<p>B Group –</p> <p>As session states with 200m recovery between each rep and 400m recovery between pyramids</p>	<p>C group –</p> <p>Miss out 800m in 1st pyramid and 600m in 2nd pyramid.</p> <p>200m recovery between each rep and 400m recovery between pyramids</p>
<p>Tues 12th</p>	<p>SCHOOL AYCLIFFE STEEP HILLS</p> <p>Jog from Oakleaf Complex along School Aycliffe Lane to Eastfields Road. Those not wanting to do the warm up run can park at the car park at the bottom of Eastfields Road.</p> <p>The reps then starts at the bottom of the hill near the car park of the community hall back up Eastfields Road towards School Aycliffe Lane, stopping just before the junction. Each rep is about 160m long,</p>	<p>A group – 10 hills</p> <p>Recovery jog back down the hill to the start for next rep</p>	<p>B group – 8 hills</p> <p>Recovery jog back down the hill to the start for next rep</p>	<p>C group – 6 hills</p> <p>Recovery jog back down the hill to the start for next rep</p>

Thurs 14th	1K REPS This session is as it states, 1K reps (2.5 laps) 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 5 reps 200m recovery between reps	B group 4 reps 200m recovery between reps	C group 3 reps 200m recovery between reps
Tues 19th	ROMAN SHOWER LOOPS 1 mile reps. Jog from the Oakleaf Complex to the bottom of Preston Road. The session begins on the corner of Cumbie Way and Whinbank Road. Run in an anti-clockwise direction along Whinbank Road turning right on Whitworth Ave, right again on to Durham Way South before right again back on to Cumbie Way to finish.	A group 4 reps 2mins recovery	B group 3 reps 2 mins recovery	C group 2 reps 2 mins recovery
Thurs 21st	2s, 4s and 2s 200m reps followed by 400m reps followed by 200m reps with 200m 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 – 4 x 200m 8 x 400m 4 x 200m	B group – 4 x 200m 8 x 400m 4 x 200m	C group – 4 x 200m 6 x 400m 4 x 200m
Tues 26th	DOLLY's BLUEBELL 800M REPS Jog from the Oakleaf Complex along Burnhill Way to the Navy Club for the warm up or meet at the Navy Club for the start of the session. The rep starts on the corner of Bluebell Way/Burnhill Way opposite the Navy Club. Run loop in anti-clockwise direction. Loop explained fully before the start of the session.	A Group – 6 loops 2 mins recovery between each loop	A Group – 5 loops 2 mins recovery between each loop	A Group – 4 loops 2 mins recovery between each loop
Thurs 28th	500M REPS 500m reps with 300m recovery 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