

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

#BESAFEBESEN

ARC TRAINING PLAN – JANUARY 2020

<p>Thurs 2nd Jan</p>	<p>UP AND DOWN THE CLOCK – NEW SESSION</p> <p>Timed interval session – runners will run for 1, 2, 3, 4, 5, 4, 3, 2, 1 minutes with 1 min recovery between each rep. Coach/leader will announce the start and stop of intervals so runners don't have to time themselves. All runners will start and stop each interval together regardless of position or pace.</p> <p>The idea is to run the session at threshold/10kish pace the idea being to keep the reps consistently paced from minute 1 to minute 5.</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>Total time at effort pace is 25 minutes.</p>	<p>Total time at effort pace is 25 minutes.</p>	<p>Total time at effort pace is 25 minutes.</p>
<p>Tues 7th Jan</p>	<p>THE 600 SOLUTION – THE HIPPO'S EAR</p> <p>600m road reps on Rope Moor Way and Cobbler's 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.</p> <p>Session begins on Rope Moor Way</p>	<p>A Group – 10 reps (90 secs recovery) at 5k pace</p>	<p>B Group – 8 reps (90 secs recovery) at 5k pace</p>	<p>C group – 6 reps (90 secs recovery) at 5k pace</p>
<p>Thurs 9th Jan</p>	<p>1k REPS</p> <p>This session is as it states, 1K reps (2.5 laps)</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 5 reps 200m recovery between reps To be run at 10k pace</p>	<p>A group 4 reps 200m recovery between reps To be run at 10k pace</p>	<p>group 3 reps 200m recovery between reps To be run at 10k pace</p>

<p>Tues 14th Jan</p>	<p>FUJITSU / FILTRONIC HILLS</p> <p>The session starts at the bottom of the hill on St Andrews Way and finishes over the top and slightly round on the flat section. Full explanation will be given at the start of the session.</p> <p>In an attempt to shorten the warm up and cool down runs, we are now meeting at the Xcel Centre, Long Tens Way, Newton Aycliffe at 7.15 pm instead of the Oakleaf. More information will be given about this on the facebook page closer to the time.</p>	<p>A group</p> <p>8 reps jog down recovery</p>	<p>B group</p> <p>7 reps jog down recovery</p>	<p>C group</p> <p>6 reps jog down recovery</p>
<p>Thurs 16th Jan</p>	<p>800m REPS</p> <p>800 m reps with 1 min recovery after each rep</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 – 8 reps</p> <p>to be run at 10k pace</p>	<p>B group – 6 reps</p> <p>to be run at 10k pace</p>	<p>C group 5 reps</p> <p>to be run at 10k pace</p>
<p>Tues 21st Jan</p>	<p>ROMAN SHOWER LOOPS</p> <p>1 mile reps. Jog from the Oakleaf Complex to the bottom of Preston Road. The session begins on the corner of Cumby Way and Whinbank Road. Run in an anti-clockwise direction along Whinbank Road turning right on Whitworth Avenue, right again onto Durham Way South before right again back onto Cumby Way to finish.</p>	<p>A Group - 4 reps at 10k pace</p>	<p>B group – 3 reps at 10k pace</p>	<p>C group -2 reps at 10k pace</p>
<p>Thurs 23rd Jan</p>	<p>2s, 4s and 2s</p> <p>200m reps followed by 400m reps followed by 200m reps with 200m recovery between each rep.</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 200m 8 x 400m 4 x 200m</p>	<p>A group –</p> <p>4 x 200m 8 x 400m 4 x 200m</p>	<p>C group –</p> <p>4 x 200m 6 x 400m 4 x 200m</p>

<p>Tues 28th Jan</p>	<p>COATHAM-REDWORTH BLAST</p> <p>Jog from the Oakleaf to the corner of Coatham Avenue where the session will begin. The session will consist of efforts down Coatham Ave with a short recovery along Hilton Road before another effort up Redworth Way with short recovery along Whinbank Road to the start on Coatham Way. Each effort is approximately 400m.</p>	<p>A group – 12 efforts in total at 5k pace</p>	<p>B group – 10 efforts in total at 5k pace</p>	<p>C group – 8 efforts in total at 5k pace</p>
<p>Thurs 30th Jan</p>	<p>PARTNER 500s</p> <p>To be run with a partner of similar ability. Each doing 500m reps. Session will be explained fully on the night. Not easy to explain on paper.</p> <p>Jog back recovery 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 – 10 reps each</p>	<p>B group – 8 reps</p>	<p>C groups – 6 reps</p>