

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

#BESAFEBESEN

ARC TRAINING PLAN –MARCH 2020

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| <p>Tues 3rd Donna leading</p> | <p>BLUEBELL LOOPS 1200m – Endurance Session</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 – 5 loops</p> | <p>group – 4 loops</p> | <p>C group 3 loops</p> |
| <p>Thurs 5th Richard leading</p> | <p>600m REPS speed/endurance session</p> <p>600m reps with 200m 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 – 10 reps</p> | <p>B group – 8 reps</p> | <p>C group – 6 reps</p> |
| <p>Tues 10th Paul leading</p> | <p>HAWTHORN DRIVE 400m reps Speed session</p> <p>Jog from the Oakleaf Complex up School Aycliffe Lane to the Chestnuts 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 reps</p> | <p>B group - 10 reps</p> | <p>C group – 8 reps</p> |

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| <p>Thurs 12th</p> <p>Donna Leading</p> | <p>OUT AND BACK TIMED PYRAMID endurance/pace control session</p> <p>All runners will start and finish at the same time regardless of ability. Runners will run for 1 min, take 30sec recovery and then 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 recovery and return and then back down the pyramid</p> <p>The session's 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> | | | |
| <p>Tues 17th</p> <p>Paul leading</p> | <p>PRESTON ROAD 2 X 2 MILE – endurance session</p> <p>Jog to the start of the loop 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 for recovery.</p> | <p>A group – 2 loops</p> | <p>B group – 2 loops</p> | <p>C group – 1 loop</p> |
| <p>Thurs 19th</p> <p>Donna leading</p> | <p>1 MILE TIME TRIAL</p> <p>A 1 mile (4 full laps) time trial. Please do not be put off by this. It is a good assessment of your current effort ability and is a good marker for progress. All runners will start together and the Coach/Leader will keep you right as to laps and splits.</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> | | | |

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| <p>Tues 24th</p> <p>Richard leading</p> | <p>DOLLY'S BLUEBELL 800M REPS – speed endurance session</p> <p>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.</p> | <p>A group – 6 loops with 2 mins recovery between each loop</p> | <p>B group – 5 loops with 2 mins recovery between each loop</p> | <p>C group – 4 loops with 2 mins recovery between each loop</p> |
| <p>Thurs 26th</p> <p>Richard leading</p> | <p>2s, 4s and 2s speed session</p> <p>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.</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 200s 8 x 400m 4 x 200s</p> | <p>B group</p> <p>4 x 200s 6 x 400s 4 x 200s</p> | <p>C group</p> <p>4 x 200s 4 x 400s 4 x 200s</p> |
| <p>Tues 31st</p> <p>Anne and Alan leading</p> | <p>BURNSIDE BLAST</p> <p>All groups jog to the Blue Bridge to start.</p> <p>3 mile town loop along St Cuthbert's Way to A167. Run past Gretna Pub, along to traffic lights turning left on to Central Avenue. Run past Tesco left past The Big Club back to the Blue Bridge.</p> <p>Runners will set off at Intervals relative to their ability.</p> | | | |