

## ARC TRAINING PLAN – AUGUST 2020

These sessions have been planned with Social Distancing in mind. We would ask members to ensure that they have read the Covid Action Plan and Risk Assessments that will be circulated so that they know what measures are being implemented to ensure that sessions can resume safely.

As always all sessions are suitable for all abilities. The training plan is a guideline and we cater for everyone.

<b>Tues 4th</b>	<b>Complex field - 800m loop</b>  This is the loop that has been done previously. Starting on the top of the field immediately behind the Complex run down through the trees towards station, round manhole and back up...There will be 2 mins recovery between each rep.  Thorough warm up will take place before the start of the session.	A Group -6  Session to be run at threshold effort i.e. pace you could manage for 10 miles	B group - 5  Session to be run at threshold effort i.e. pace you could manage for 10 miles	C group - 4  Session to be run at threshold effort i.e. pace you could manage for 10 miles
<b>Thurs 6th</b>	<b>Coatham/Redworth Blast (road reps)</b>  Jog from the Oakleaf to the corner of Coatham Avenue where the session will begin. The session will consist of efforts down Coatham Avenue with a short recovery along Hilton Road before another effort up Redworth Way with a short recovery along Whinbank Road to the start on Coatham Way. Each effort is approximately 400m	A Group – 12 Run at around 5k pace	B Group – 10 reps – run at around 5k pace	C group – 8reps – run at around 5k pace
<b>Tues 11th</b>	<b>New session - Flyng 500s</b>  Jog from Oakleaf to New (Lovers) Lane for start of session. 500m reps alternating down and up the lane providing variation on efforts....2 min recovery between each rep	A group 10 reps	B group 8 reps	C group 6 reps
<b>Thurs 13th</b>	<b>Roman shower loops</b>  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 onto Whitworth Avenue, right again onto Durham Way South before right again onto Cumby Way to finish at the top.	A group  4 reps at around 10k - 10 mile pace with 2 min recovery	B group  3 reps at around 10k – 10 mile pace with 2 min recovery	C group  2reps at around 10k to 10 mile pace with 2 min recovery

<b>Tues 18th</b>	<p><b>NEW SESSION – Complex fields - Oregon circuit</b></p> <p>400 m reps but at the end of each rep athletes will undertake strength exercises before taking 60s rest and going again... Session and exercises will be explained in full during warm up.</p>	A group 12 reps @ 5k pace	B group 10 reps @ 5k pace	C group 8 reps @ 5k pace
<b>Thurs 20th</b>	<p><b>Filtronic hills</b></p> <p>The session starts at the bottom of the hill on St Andrew's Way and finishes over the top and slightly round on the flat section. Full explanation will be given at the start of the session. In an attempt to shorten the warm up and cool down runs we will meet at the Xcel Centre, Long tens Way, Newton Aycliffe, at 7.15 instead of the Oakleaf Complex. More information will be given about this on Facebook/email closer to the time.</p>	A group -8 reps Jog down recovery  Run at RPE 6-7 to ensure can sustain that effort for all reps	B group 7 reps Jog down recovery  Run at RPE 6-7 to ensure can sustain that effort for all reps	C group 6 reps Jog down recovery  Run at RPE 6-7 to ensure can sustain that effort for all reps
<b>Tues 25th</b>	<p><b>Complex Fields - All out speed session</b></p> <p>45 seconds easy/15 seconds hard x 4 30 seconds easy/ 30 seconds hard x 4 15 seconds easy / 45 seconds hard x 4</p> <p>4 minutes recovery and then another set</p> <p>The coach leading the session will be keeping the time so you won't need to worry about checking your watch.</p>			
<b>Thurs 27th</b>	<p><b>Equestrian field - endurance run</b></p> <p>Jog from Cobblers Car Park to start of session. The session will consist of 2 x15 min continuous runs...one clockwise and one anti-clockwise. Recovery will be 5 mins between sets.</p>	To be run at threshold pace	To be run at threshold pace	To be run at threshold pace