

ARC TRAINING PLAN – OCTOBER 2020

Date	Session	A group reps	B group reps	C group reps
Thurs 1st Anne and Alan	FILTRONIC HILLS The session start at the bottom of the hill on St Andrew's Way and finishes over the top and slightly around on the flat section. Full explanation will be given at the start of the session. In order to shorten the warm up and cool down runs we will again meet at the Excel Centre, Long Tens Way, at 6.30 p.m. instead of at the Oakleaf Complex.	A group - 8 reps with jog down recovery	B group - 7 reps with jog down recovery	C group - 6 reps with jog down recovery
Tues 6th Paul Dalton	PLEASURE AT PLANET LEISURE Each rep starts near Planet Leisure on Maple Way. Run out of Maple Way turning left on to Durham Way South, left again on to Welbury Way, left again on to Carlbury Road, left again on to Rembrandt Way and left back into Maple Way. Recovery will be to bottom of Maple Way and back to the start	5 reps @5k pace 2 mins recovery	4 reps @ 5k pace 2 mins recovery	3 reps @ 5k pace 2 mins recovery
Thurs 8th Richard and Donna	COATHAM / REDWORTH ROAD REPS 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 Hllton Road before another effort up Redworth Way with a short recovery along Whinbank Road to the start on Coatham Way. Effort for each is approximately 400m	A group - 12 reps run at around 5k pace	B group - 10 reps run at around 5k pace	C group - 8 reps run at around 5k pace
Saturday 10th Paul Dalton	CROSS COUNTRY TRAINING - WATER TOWER FIELD This session will take place in the Water Tower Field at the top of school Aycliffe Lane. The session will be led by Paul Dalton who will explain how it is to be run on the morning of the session.			
Tues 13th Donna Campbell	ROMAN SHOWER LOOPS Jog from the Oakleaf to the bottom of Preston Road. This 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 on to Durham Way South before right again onto Cumbie Way to finish at the top	A group 4 reps at around 10k pace with 2 minute recovery	B group 3 reps at around 10k pace with 2 minute recovery	C group 2 reps at around 10k pace with 2 minute recovery

<p>Thurs 15th</p> <p>Richard Campbell</p>	<p>NO TIME FOR A COFFEE BREAK ! - NEW SESSION</p> <p>Jog from the Oakleaf Complex to the bottom of Preston Road, past the fish tank and left down Hollin Road. The rep will start on the corner of Menon Road following the road right down Whinfield Road, turn right again and run past Siesta Coffee Shop before turning right again and up Ketton Way to finish. Each rep is approximately 500m and there is approximately 100m recovery</p>	<p>A group - 10 reps at 5k pace</p>	<p>B group - 8 reps at 5k pace</p>	<p>C group - 6 reps at 5k pace</p>
<p>Tues 20th</p> <p>John Firby</p>	<p>TETLEY LOOPS</p> <p>Session will start from the Excel Centre (not the Oakleaf) with a warm up in the car park as the session start is right next to the Excel Centre.</p> <p>The session itself begins on the corner of Long Tens Way and Grindon Way and this time will be run in the opposite direction to last time starting by running down Grindon Way, turning right on to St Andrew's Way, right again on to Millenium Way and then right again on Long Tens Way to finish. There will then be a 2 min recovery</p>	<p>A group - 4 reps to be run at 10k pace</p>	<p>B group - 3 reps to be run at 10k pace</p>	<p>C group - 2 reps to be run at 10k pace</p>
<p>Thurs 22nd</p> <p>Richard Campbell</p>	<p>REDWORTH ROAD - 1k ROAD REPS</p> <p>Session will start from the Oakleaf with the short jog to the start of the session on Redworth Way. This is the same route that is used for the 400m reps but will be run as one continuous loop down Redworth Road and along the bottom, back up Coatham Avenue and back along Whibank Road to the start where you will have 2 minutes recovery between reps</p>	<p>A group -5 reps at 5k effort</p>	<p>B group - 5 reps at 5k effort</p>	<p>C group - 4 reps at 5k effort</p>
<p>Saturday 24th</p> <p>Paul Dalton</p>	<p>CROSS COUNTRY TRAINING - OAKLEAF COMPLEX FIELD</p> <p>This session will take place on the Oakleaf Complex Field immediately out of the back of the Oakleaf Complex.</p> <p>This session will be led by Paul Dalton who will explain how it is to be run on the morning of the session.</p>			
<p>Tues 27th</p> <p>Richard Campbell</p>	<p>2 X 2 MILE - PRESTON ROAD LOOP</p> <p>Jog to the start of the loop on Hurworth Road then run the 2 mile loop down Preston Road, left on to Whinbank Road, left onto Horndale Avenue and onto Preston Road for the finish. Jog back to the start for recovery 2 mins</p>	<p>A group - 2 reps to be run at 10k pace</p>	<p>B group - 2 reps to be run at 10k pace</p>	<p>C group - 1 rep to be run at 10k pace</p>
<p>Thurs 29th</p> <p>Paul Dalton</p>	<p>BOATING LAKE LOOP FARTLEK</p> <p>This session will begin at the Oakleaf Complex with a short jog to the start of the session at the Boating Lake.</p> <p>The session will be timed Fartlek session and will be led by a coach who will determine the intervals by the blowing of a whistle. Athletes will therefore not need to keep looking at their watches.</p>			