

## ARC TRAINING PLAN – SEPTEMBER 2020

Date	Session	A group reps	B group reps	C group reps
<p><b>Tues 1st Sept</b></p> <p><b>Paul Dalton</b></p>	<p><b>Water Tower Off Road Session</b></p> <p>Session will start from Oakleaf Complex with jog to the start of the session at the top of School Aycliffe Lane.</p> <p>The session will consist of 2 x 15 min efforts (one clockwise and one anti-clockwise) around a set out circuit on the field. There will be a recovery between each 15 min effort.</p> <p>This is an endurance based session and therefore you should be looking at completing the 15 min efforts at RPE 7-8</p>			
<p><b>Thurs 3rd Sept</b></p> <p><b>Richard Campbell</b></p>	<p><b>Walker Lane Hills - alternative COVID secure session</b></p> <p>Session will start from the Oakleaf with a warm up jog to the start of the session down the lines.</p> <p>Main session will start at the gate at the bottom of Walker Lane. Members will run up the off-road hill past the Witches tree and down to the gate at the other side. Members will then take a quick 1 minute recovery before returning back the way they came. Runners to keep single file on the left hand side at all times.</p>	<p>10 reps to be run at threshold effort</p>	<p>8 reps to be run at threshold pace</p>	<p>6 reps to be run at threshold pace</p>
<p><b>Tues 8th Sept</b></p> <p><b>Anne and Alan Kellett</b></p>	<p><b>Preston Road 2 x 2 mile - endurance session</b></p> <p>Jog to the start of the loop on Hurworth Road then run 2 mile loop down Preston Road, left onto Whinbank Road, left onto Horndale Avenue and onto Preston Road for the finish. Jog back to the start for recovery.</p>	<p>2 reps to be run at 10k pace</p>	<p>2 reps to be run at 10k pace</p>	<p>1 rep to be run at 10k pace</p>
<p><b>Thurs 10th Sept</b></p> <p><b>Paul Dalton</b></p>	<p><b>Complex Field - Fartlek Session</b></p> <p>Fartlek session around the standard complex field 800m loop. Lead coach will determine the length of each interval which will be signalled by a whistle. The shortest effort will be 15s and the max 2 minutes. Each effort at 5k pace or below.</p> <p>The recovery will be the same as the effort and if paced correctly you will be able to jog your recovery and not need to stand and recover or walk the recovery.</p>			

<p><b>Tues 15th Sept</b></p> <p><b>Donna Campbell</b></p>	<p><b>Heighington / Redworth - out and back</b></p> <p>Session will start from the car park attached to the playing fields on Redworth Road in Heighington. Session itself will start opposite the car park with members running down Redworth Road bearing left past Redworth Hall Hotel and following the path towards Shildon. After 12 minutes members turn and run back the way they came. The idea is to get back in the same time (not faster or slower).</p>	<p>to be run at 10k effort</p>	<p>to be run at 10k effort</p>	<p>to be run at 10k effort</p>
<p><b>Thurs 17th Sept</b></p> <p><b>Donna Campbell</b></p>	<p><b>Coatham / Redworth 400m reps</b></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>12 reps to be run at 5k pace</p>	<p>10 reps to be run at 5k pace</p>	<p>8 reps to be run at 5k pace</p>
<p><b>Tuesday 22nd Sept</b></p> <p><b>Richard Campbell</b></p>	<p><b>Tetley Loops</b></p> <p>A session that hasn't been done for a while, the Tetley Loops. 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 with members running along Long Tens Way, left down Millenium Way, left again on to St Andrew's Way and left again back up Grindon Way where you will take a 2 min recovery. Each rep is just under 1 mile in length.</p>	<p>4 reps at 10k pace</p>	<p>3 reps at 10k pace</p>	<p>2 reps at 10k pace</p>
<p><b>Thurs 24th Sept</b></p> <p><b>Donna and Richard Campbell</b></p>	<p><b>Complex Fields - Oregon Circuit - back by popular demand</b></p> <p>300m reps but at the end of each rep athletes will undertake strength exercises before taking 60s recovery and going again. Exercises will be explained in full during warm up when you will get the opportunity to practice each exercise</p>	<p>12 reps look at doing reps at 5k pace</p>	<p>10 reps look at doing reps at 5k pace</p>	<p>8 reps look at doing reps at 5k pace</p>
<p><b>Tues 29th Sept</b></p> <p><b>Richard Campbell</b></p>	<p><b>NEW SESSION - Heighington - Ye Old Iron Gate Loops</b></p> <p>A new session that will start at the car park on REDWORTH ROAD HEIGHINGTON with a short jog to the session start up Highside Road. The session will start at the fork in the road where Highside Road meets Park House Lane. The session is a loop that is just short of a mile and will be explained fully at the start of the session.</p>	<p>4 reps @ around 5k effort</p>	<p>3 reps @ 5k effort</p>	<p>2 reps @ 5k effort</p>