

ARC TRAINING PLAN – April 2021

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.

Please continue to wear reflective and high visibility clothing

<p>Tues 30th March</p> <p>Richard And Donna</p>	<p>THE UPS AND DOWNS OF NORTHFIELD WAY NEW SESSION</p> <p>Jog from the Oakleaf to Northfield Way where the session will begin. The session will consist of efforts both incline and decline with a short recovery between reps. Each effort is approximately 400m.</p>	<p>A group</p> <p>12 reps with 1 min recovery</p>	<p>B group</p> <p>10 reps with 1 min recovery</p>	<p>C group</p> <p>8 reps with 1 min recovery</p>
<p>Thurs 1st April</p> <p>Richard And Paul</p>	<p>Road Reps – Siesta 200s</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. You will then begin your recovery on the stretch in front of Siesta Coffee Shop before turning right again and starting your rep again up Ketton Way to finish. Each rep is approximately 200m and there is approximately 100m recovery</p> <p>TRACK – TBC</p>	<p>A group</p> <p>16 reps</p>	<p>B group</p> <p>14 reps</p>	<p>C group</p> <p>12 reps</p>
<p>Tues 6th April</p> <p>Paul</p>	<p>PLEASURE AT PLANET LEISURE</p> <p>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.</p> <p>Recovery will be to bottom of Maple Way and back to the start</p>	<p>A group</p> <p>5 reps with 2 min recovery</p>	<p>B group</p> <p>4 reps with 2 min recovery</p>	<p>C group</p> <p>3 reps with 2 min recovery</p>

<p>Thurs 8th April</p> <p>Rob</p> <p>And</p> <p>Paul</p>	<p>ROAD SESSION – 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 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</p> <p>TRACK – TBC</p>	<p>A group</p> <p>12 reps</p>	<p>B group</p> <p>10 reps</p>	<p>C group</p> <p>8 reps</p>
<p>Tues 13th April</p> <p>Donna</p>	<p>FUJITSU HILLS</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 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 the Oakleaf Complex.</p>	<p>A group</p> <p>8 reps with jog down recovery</p>	<p>B Group</p> <p>7 reps with jog down recovery</p>	<p>C group</p> <p>6 reps with jog down recovery</p>
<p>Thurs 15th April</p> <p>Rob</p> <p>And Paul</p>	<p>ROAD SESSION - 1 MIN ON 1 MIN OFF – ROMAN SHOWER LOOP</p> <p>Jog from the Oakleaf to the bottom of Preston Road. The session will being on the corner of Cumby Way and Whinbank road turning right on to Whitworth Avenue, right again on to Durham Way South before right again on to Cumbie Way to starting point. We will continue to follow this rep using intervals of 1 min effort and 1 min recovery</p> <p>TRACK – TBC</p>	<p>A group</p> <p>Total of 15 x 1 min efforts</p>	<p>B group</p> <p>Total of 15 x 1 min efforts</p>	<p>C group</p> <p>Total of 15 x 1 min efforts</p>
<p>Tues 20th April</p> <p>Anne and Alan</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</p> <p>4 reps</p>	<p>B group</p> <p>3 reps</p>	<p>C group</p> <p>2 reps</p>

<p>Thurs 22nd April</p> <p>Rob</p> <p>And Richard and Donna</p>	<p>ROAD SESSION – COATHAM / REDWORTH 1K LOOPS</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 session but will be run as one continuous loop down Redworth Road, along the bottom and then back up Coatham Avenue and back along Whinbank Road to the start where you will have 2 mins recovery between reps.</p> <p>TRACK – TBC</p>	<p>A group</p> <p>5 reps</p>	<p>B group</p> <p>4 reps</p>	<p>C group</p> <p>3 reps</p>
<p>Tues 27th April</p> <p>Richard</p>	<p>ALTERNATIVE COVID SECURE CLUB HANDICAP</p> <p>Further details will follow in relation to this but it will be a distance of 3k and will take place on the Industrial Estate. Names and estimated times will be taken closer to the time</p>			
<p>Thurs 29th April</p> <p>Rob</p> <p>And Richard</p>	<p>ROAD SESSION – NO TIME FOR A COFFEE BREAK</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 1 min recovery</p> <p>TRACK – TBC</p>	<p>A group</p> <p>10 reps</p>	<p>B group</p> <p>8 reps</p>	<p>C group</p> <p>6 reps</p>