

ARC TRAINING PLAN – JUNE 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.

<p>Tuesday 1st June</p> <p>Paul Dalton</p>	<p>Water Tower Field (Off Road Session)</p> <p>This session will take place in the Water Tower Field at the top of School Aycliffe Lane and will be led by Paul Dalton who will explain the session fully before the start but will be a looped session which will be marked out.</p>			
<p>Thursday 3rd June</p> <p>Donna & Richard</p> <p>Rob Nicholson</p>	<p>Track Session</p> <p>To be confirmed</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 short recovery along Whinbank Road to the start of Coatham Way. Each effort is approximately 400m</p>	<p>reps - 12, 10 or 8 to be run at 5k pace</p>	<p>reps - 12, 10 or 8 to be run at 5k pace</p>	<p>reps - 12, 10 or 8 to be run at 5k pace</p>

<p>Tuesday 8th June</p> <p>Anne & Alan</p>	<p>Heighington/Redworth out and back (12 minutes)</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>Thursday 10th June Donna & Richard</p> <p>Paul Dalton</p>	<p>Track session to be confirmed</p> <p>Road Session - NEW SESSION ** Boating Lake 400s</p> <p>All members run from the Oakleaf over to West Park and the start of the loop at the top lake closer to Stephenson Way. The loop will be marked out and explained at the start of the session and there will be short walk recovery before the next rep.</p>	<p>Reps - 12, 10 or 8 to be run at around 5k pace</p>	<p>Reps - 12, 10 or 8 to be run at around 5k pace</p>	<p>Reps - 12, 10 or 8 to be run at around 5k pace</p>
<p>Tuesday 15th June</p> <p>Richard Campbell</p>	<p>Walkers Lane Welly (return of an older session)</p> <p>This is an off road continuous run starting at Walker's Lane, Middridge. There will be a jog to the start from the Oakleaf as well as an alternative meeting point). Members will be split into different groups each group with an appointed coach/leader/navigator and there will be two different distances (approximately 3.5m or 3 mile) to cater for all abilities. Those doing the longer session will start from Middridge Village Hall and the remainder will start at the gate at the top of Walker's Lane.</p>			

Thursday 17th June Rob Nicholson	Track session to be confirmed Road Session - Espresso Express - 200m 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 have short recovery before completing a further 200m rep up the other side.	16, 14 or 12 reps at 5k pace or faster	16, 14 or 12 reps at 5k pace or faster	16, 14 or 12 reps at 5k pace or faster
Sunday 20th June	ARC BEER CAN BREAKFAST 10k (with 5k option) Members will choose between the two distances and can either treat as a social run or a time trial. The main objective is to get together and run and have a drink (of whatever is your preference) afterwards. More details will be posted closer to the time			
Tuesday 22nd June Richard Campbell	BOATING LAKE 1 MILE REPS All members jog from the Oakleaf over to West Park and the start of the loop. At the end of each rep there will be a walk on recovery back to the starting point for the next rep. The full loop will be explained at the start of the session.	4, 3, or 2 reps	4, 3, or 2 reps	4, 3, or 2 reps

Thursday 24th June Anne and Alan	Track session to be confirmed			
John Firby	ROAD SESSION - Ups and Downs of Northfield Road 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.	12, 10 Or 8 with 1 min recovery	12, 10 Or 8 with 1 min recovery	12, 10 Or 8 with 1 min recovery
Tuesday 29th	ARC 3 K handicap			
Richard and Donna Campbell	3rd installment in the series - again a post will come out before the session asking for details of who is interested in running etc			