

ARC TRAINING PLAN – July 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>Thur 1st July</p> <p>Track - Dolly</p> <p>Road - Richard And Donna</p>	<p>Track session : Timed Fartlek: We will start with a Warm Up, and the Main Session itself will be a 'Timed Fartlek' session, which will be structured as follows:</p> <p>2 x 90s Easy / 90s Hard (HM pace, or 7/10 RPE); 4 x 60s Easy / 60s Hard (10K pace, or 8/10 RPE); 4 x 30s Easy / 30s Hard (5K pace, or 9/10 RPE); 4 x 15s Easy / 15s Hard (3K pace, or 9.5/10 RPE).</p> <p>This equates to 20 minutes of running, and we will do two sets, with a recovery period in between. The session will conclude with some static stretches.</p> <p>Eastfield Hill Reps</p> <p>Jog from the Complex up to School Aycliffe and Eastfield Road. The session will begin at the bottom of the road slightly round the bend and each rep will consist of a run to the top. Recovery will be a jog back to the start.</p>	10, 8 or 6	10, 8 or 6	10, 8 or 6
<p>Tuesday 6th July</p> <p>Richard & Donna</p>	<p>3k Time Trial (alternative COVID handicap) – NO 3</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 8th July</p> <p>Track Dolly</p> <p>Road Firby</p>	<p>Track Session - 300m Reps:</p> <p>We will begin with a Warm Up, followed by the Main Session itself, which will be 300m reps, and options will be:</p> <p>14 x 300m reps, with 100m walk/jog recovery; 12 x 300m reps, with 100m walk/jog recovery; or 10 x 300m reps, with 100m walk/jog recovery.</p> <p>You are aiming to run each rep. at 5K pace, or at a RPE of 8.5/9. The session will conclude with some static stretches.</p> <p>Road session – The 600 solution (Hippos ear)</p> <p>Please note that this session will start at the Navy Club and NOT the Oakleaf Complex and there will then be a jog to the start of the session on the corner of Cobblers Hall Road and Rope Moor Way. Each rep is 600m.</p>	10, 8 or 6 reps	10, 8 or 6 reps	10, 8 or 6 reps

Tues 13th July Dolly	Flying 500s 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	10, 8 or 6 reps	10, 8 or 6 reps	10, 8 or 6 reps
Thurs 15th July Track - Richard & Donna Road - Rob	Track Session to be confirmed Road Session- Coatham / Redworth 400s 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	10, 8 or 6 reps	10, 8 or 6 reps	10, 8 or 6 reps
Tues 20th July Richard	NEW SESSION – Redworth 1 mile road reps Jog from the complex to the start of the session on Redworth Way / Fulbeck. Each mile rep is a loop starting on Redworth Way running out on to Durham Way North turning onto Durham Way with a final right turn on to Fulbeck Road to finish. There will be 2 mins recovery between each rep.	4, 3 or 2 Reps	4, 3 or 2 reps	4, 3 or 2 reps
Thurs 22nd July Track – Richard & Donna Road – Anne and Alan	Track session to be confirmed Road session – Espresso 200s 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 a short recovery before completing a further 200m rep up the opposite side.	16,14 or 12 reps	16, 14 or 12 reps	16, 14 or 12 reps
Tues 27th July Richard	Complex Fields – 800m reps This is the loop that has been done previously. Starting on the top of the field immediately behind the Complex run down through the threes towards station, round manhole and back up...There will be 2 mins recovery between each rep	6, 5 or 4 reps	6, 5 or 4 reps	6, 5 or 4 reps
Thurs 29th July Track - Richard and Donna Road - Rob	Track session to be confirmed Road Session – the ups and downs of Northfield Way Session will begin with a short jog from the Oakleaf to Northfield Way. The session will consist of efforts both incline and decline with a short recovery between reps of roughly 1 minute,	14, 12 or 10 reps	14, 12, 10 reps	14, 12 or 10 reps