

ARC TRAINING PLAN – August 2021

Tues 3rd	Summer Trail handicap			
Donna	This will be the usual 3 mile handicap route along the old line opposite the Oakleaf and further details will be posted closer to the time. A good opportunity for all abilities to have the chance to win,			
Thursday 5th	500m reps with partner	10, 8 or 6 reps	10, 8 or 6 reps	10, 8 or 6 reps
Richard	To be run with a partner of similar ability. Each doing 500m reps. Session will be explained fully on the night. Not easy to explain on paper. Jog back recovery in outside lanes.			
Tues 10th	NEW SESSION School Aycliffe Wetlands - 1200m reps	5, 4 or 3 reps wit 2 mins recovery	5, 4 or 3 reps with 2 mins recovery	5, 4 or 3 reps with 2 mins recovery
Dolly	Please note that for this session we will meet at the School Aycliffe Community Centre and NOT the Oakleaf. The loop will be explained at the start of the session.			
Thurs 12th	OREGAN CIRCUIT	12, 10 or 8 reps	12, 10 or 8 reps	12, 10 or 8 reps
John Firby	400m reps but at the end of each rep athletes will undertake strength exercises before taking 60s rest and going again. Session and exercises will be explained in full during warm up.			
Tues 17th	Heighington/Redworth out and back (12 minutes)			
Anne and Alan	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).			

Thurs 19th Club run session with Aly Dixon	CLUB RUN SESSION WITH ALY DIXON Tonight is the first of three sessions that we are taking part in with England Athletics 'Club Run' programme. Aly Dixon will lead the session for the benefit of both coaches and athletes. The session will not be known until the night. As numbers need to be limited we will notify those to take part in due course. If not selected there will be NO coach led alternative session.			
Tues 24th Dolly	BOATING LAKE - 400 m reps Meet at the Oakleaf for a short jog across to the boating lake where the session will begin.	12, 10 or 8 loops with 1 min recovery	12, 10 or 8 loops with 1 min recovery	12, 10 or 8 loops with 1 min recovery
Thurs 26th	TRACK SESSION CANCELLED This track session will be cancelled due to the number of members taking part in the NYMAC relays.			
Tues 31st Anne and Alan	Rope Moor Summer 1200m Loops Please note that this session will start from the Navy Club and not the Oakleaf. 1200m loop with 2 mins recovery between each rep. Warm up run from Navy Club to the Cobbler's Hall Estate. The Session will start near the car park to the Pioneering Care Centre on Carer's Way.	4, 3 or 2 reps	4, 3 or 2 reps	4, 3 or 2 reps