

ARC TRAINING PLAN – September 2021

<p>Thurs 2nd Richard</p>	<p>Timed Pyramid</p> <p>All runners will start and finish at the same time regardless of ability. Runners will run for 1 min, take 30 sec recovery and then return in the direction they came from. Then :</p> <p>2 mins run with 1 min recovery and return 3 mins run with 90 sec recovery and return 4 mins run with 2 mins recovery and return and then back down the pyramid</p> <p>The coach/session leader will take care of the timings so there is no need to be looking at your watch</p>		
<p>Tues 7th Richard</p>	<p>Lovers Lane Mile Reps</p> <p>The session starts with a mile jog warm up along School Aycliffe Lane to New Lane. The rep runs down New Lane then left onto Heighington Lane on a footpath towards the roundabout with the rep finishing just before the roundabout. Rep 2 is returning in the direction you came from back to the top of New Lane and rep 3 would be back down again the same as rep 1</p>	<p>4 or 2 reps (those doing 2 can add on a couple of flying 500s at the end if they so wish</p>	<p>Those doing 4 reps should try and work at 10k pace and those doing 2 could aim for 5k pace</p>
<p>Thurs 9th Paul</p>	<p>4s, 3s and 2s</p> <p>400s with 200m recovery 300s with 100m recovery 200s with 200m recovery</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p>	<p>4 x 400 3 x 400 4 x 300 3 x 300 4 x 200 3 x 200</p>	<p>Try and aim for 5k pace for 400ms, 3k pace for 300s and mile pace for 200m</p>
<p>Tues 14th Paul</p>	<p>Bluebell 1200m rep</p> <p>The Session will begin from the Navy Club NOT The Oakleaf and there will be a short jog warm up to the start of the session on Bluebell Estate. The session is 1200m loops with 2 mins recovery between each loop alternating the direction of the loop each rep.</p>	<p>Choice of 4, 3 or 2 loops</p>	<p>Look at aiming to run each rep at 5k pace</p>

<p>Thurs 16th</p> <p>Anne and Alan</p>	<p>500s with 100m jog back recovery</p> <p>After each 500m rep all runners will jog back to the start line for their 100m recovery so each rep will begin at the start line.</p> <p>Try to run the session in single file and ensure that recovery is taken in the outside lanes.</p>	<p>Choice of reps is 10, 8 or 6</p>	<p>Try to run the reps consistently at 5k pace</p>	
<p>Tues 21st</p> <p>Donna</p>	<p>School Aycliffe Hills</p> <p>Jog from the Oakleaf Complex along School Aycliffe Lane to Eastfields Road. Those not wanting to do the warm up can park in the car park at the bottom of Eastfields Road.</p> <p>The reps then start at the bottom of the hill near the car park of the community hall back up Eastfields Road towards School Aycliffe Lane, stopping just before the junction. Each rep is about 160m long</p>	<p>Choice of reps is 10, 8 or 6 with recovery being jog back down the hill to the start for the next rep.</p>	<p>For this session please and work at RPE of 7-8</p>	
<p>Thurs 23rd</p> <p>Anne & Alan</p>	<p>800m reps with 1 min recovery</p> <p>As it states this session is 800ms reps with 1 min recovery between each rep.</p> <p>Try to run the session in single file and take your recover in the outside lanes.</p>	<p>Choice of reps is 8, 6 or 5</p>	<p>This session is a threshold session which is generally in between paces - should look again at RPE 7-8</p>	
<p>Tues 28th</p> <p>Donna & Richard</p>	<p>5th Handicap - The Burnside Blast</p> <p>The session will start with a jog from the Oakleaf to the Blue Bridge.</p> <p>Runners will then undertaken the 3 mile town loop along St Cuthbert's Way to A167. Run past the Gretna Pub along to the traffic lights turning left on to Central Avenue, Run pasts Tesco, left past the Big Club and back to the Blue Bridge</p>			
<p>Thurs 30th</p> <p>Donna & Richard</p>	<p>Paarlauf Session</p> <p>A chance for slower and faster runners to pair up and compete against other teams. Faster runners will cover 400m and slower runners 300m each rep</p> <p>There are prizes to be won and so it is not to be missed</p>	<p>Each team will complete 10 full reps each</p>		