

ARC TRAINING PLAN – NOVEMBER 2021

AT THIS TIME OF YEAR ALL ATHLETES MUST WEAR SOMETHING REFLECTIVE FOR EVERY TUESDAY NIGHT SESSION

#BESAFEBESEN

<p>Tues 2nd</p> <p>Paul</p>	<p>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 100m recovery.</p>	<p>10, 8 or 6 reps</p>	<p>Aim to do each rep at 5k pace</p>
<p>Thurs 4th</p> <p>Paul</p>	<p>5 x 1K REPS</p> <p>This session is as it states 1k reps (2,5 laps)..</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p>	<p>5, 4 or 3 reps with 200m recovery between reps</p>	<p>Aim to run at 5k pace</p>
<p>Tues 9th</p> <p>Richard</p>	<p>ROMAN SHOWER LOOPS</p> <p>1 mile reps - Jog from the Oakleaf Complex to the bottom of Preston Road. The session begins on the corner of Cumbie Way and Whinbank Road. Run in an anti clockwise direction along Whinbank Road turning right onto Whitworth Avenue, right again on to Durham Way South before right again back on to Cumbie Way to finish.</p>	<p>4, 3 or 2 reps with 2 mins recovery between each rep</p>	<p>If you are doing 4 you should try and run at 10k pace. If only doing 3 or 2 then try and run at 5k pace</p>
<p>Thurs 11th</p> <p>Anne and Alan</p>	<p>300m REPS</p> <p>300m reps with 100m recovery</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p>	<p>14, 12 or 10 reps</p>	<p>Try and run each rep at 5k pace</p>

<p>Tues 16th</p> <p>Richard and Rob</p>	<p>12 x 2 MINS ON 2 MINS OFF _ TOWN LOOP</p> <p>We will meet at the Oakleaf to start the session with a jog to St Clare's church where the session will begin. A & B groups will run to A167 along to Aycliffe Village turning in at 3m and back to the Oakleaf through the Industrial Estate. C group will run the same only turning back on to St Cuthbert's Way past the Blue Bridge and back along Pease Way to the Oakleaf.</p> <p>There will be 2 min effort followed by 2 min recovery all the way round. Front runners to come back for slower runners on recovery so all regroup and start again together.</p> <p>Both groups will have a nominated coach/run leader</p>		<p>Try and run each effort at RPE 7-8</p>
<p>Thurs 18th</p> <p>Richard</p>	<p>800m REPS</p> <p>800m reps (2 laps) with 200m recovery after each rep.</p> <p>Try to run the session in single file and ensure that your recovery is taken in the outside lanes.</p>	<p>6 or 5 or 4</p>	<p>To be run at 5k pace</p>
<p>Tues 23rd</p> <p>Donna</p>	<p>FILTRONIC HILLS</p> <p>We will meet at the Excel Centre and NOT the Oakleaf. The session will start after a short jog 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.</p>	<p>8, 7 or 6 reps with jog down recovery</p>	<p>Try and run each rep around RPR 7-8</p>
<p>Thurs 25th</p> <p>Richard</p>	<p>400m REPS</p> <p>This session is as it states 400m reps (1x lap reps) with 1 min recovery.</p>	<p>14, 12 or 10 reps</p>	<p>Try and run each rep at 5k pace</p>
<p>Tues 30th</p> <p>Paul</p>	<p>HIPPOS EAR - THE 600m SOLUTION</p> <p>600m road reps on Rope Moor Way and Cobbler's Hall Road. Starting from the Oakleaf Complex jog along to Woodham. Members not wanting to run the full distance can meet at the Navy Club at approx 7.10 p.m. Session begins on Rope Moor Way.</p>	<p>10, 8 or 6 reps with 90 secs recovery</p>	<p>Try to run each rep at 5k pace</p>