

ARC TRAINING PLAN - FEBRUARY 2022

at this time of year could athletes please wear something reflective not just hi-viz

#besafebeseen #beseenbesafe

Tues 1ST Donna	No time for a coffee break 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	OPTIONS 10, 8 or 6 reps	AIM 5k pace
Thurs 3RD John	Tumbling Pyramid (5s, 4s and 3s) 500s with 300m jog recovery 400s with 200m jog recovery 300s with 100m jog recovery Try to run the session in single file and ensure that your recovery is taken in the outside lanes.	OPTIONS 4 x 500s 4 x 400s 4 x 300s	
Sun 6th	NYSD Richmond Cross Country		
Tues 8th Richard	Bluebell 800m reps (Dolly 800s) The session will start from the NAVY CLUB. The rep starts on the corner of Bluebell Way/Burnhill Way opposite the Navy Club. Run loop in anti-clockwise direction. Loop will be explained fully before the start. There will be 2 mins recovery between each rep	OPTIONS 6, 5 or 4 reps	AIM 5k pace

Thurs 10th Donna	Track Paarlauf 200m This is the one that we originally did with Aly Dixon. The idea is that you partner with someone of a similar ability and alternate on the efforts and recoveries with one recovering whilst the other is running their effort.	OPTIONS Each effort is 200m with Equivalent recovery. We will run 15 mins have a break and then run for 15 mins again	AIM Each effort at 5k pace
Tues 15th Richard and AKs	12 x 2 mins on 2 mins off Town Loop We will meet at the Oakleaf complex to strt the session with a jog to St Clare's church where the session will begin. Groups will be split with A & B groups running together and group C will run separately. Each group will have a nominated run leader and will run at effort for 2 mins with 2 mins recovery. Front runners will come back for slower ones int eh group to start each effort together.	OPTIONS	AIM
Thurs 17th Richard	600m reps 600ms reps with 200m recovery after each rep. Try to run the session in single file and ensure that your recovery is taken in the outside lanes.	OPTIONS 8, 7 or 6 reps	AIM 5k reps
Sat 19th	Hetton Park Relays Road Relays		
Tues 22nd Dolly	Redworth / Coatham 1K reps Jog from the Oakleaf Complex to the corner of Coatham Avenue where the session will begin. The session will consist of efforts down Coatham Avenue along Hilton Road and up Redworth Way with a short recovery along Whinbank Road to the start on Coatham Way. Each effort is approximately 1k	OPTIONS 5, 4 or 3 reps	AIM 10k pace
Thurs 24th John	400m reps This session is as it states, simple 400m (1 x lap reps) with 200m recovery. However, we are not asking you to undertake a specific number of reps but asking you to see how many you can do in 35 mins	OPTIONS	AIM