

# OCTOBER 2017 TRAINING

<b>TUESDAY 3<sup>RD</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p><b>Group A &amp; B</b> 5 mile time trial From Leisure Ctre to Drains Bay and back</p> <p><b><u>***CLARE/SAMMY***</u></b></p>	<p><b>Group C &amp; D</b> 5 mile time trial From Leisure Ctre to Drains Bay and back</p> <p><b><u>***STEVEN***</u></b></p>	<p><b>Steady Run</b> Leisure Ctre Out Coast Rd Turning at Branch Rd Back to Leisure Ctre 4 miles</p> <p><b><u>***EMMA***</u></b></p>
<b>THURSDAY 5<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to Inver 4 laps up Inver Horseshoe Jog/walk down middle brae recovery</p> <p><b><u>***Fiona***</u></b></p>	<p>Warm up jog to Inver 5 laps up Inver Horseshoe Jog down Casements Brae recovery</p> <p><b><u>***Jackie***</u></b></p>	<p><b>Steady Run</b> Warm up jog to Inver 2 laps up Inver Horseshoe Down Casements Brae</p> <p><b><u>***Brian***</u></b></p>
<b>TUESDAY 10<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to Bay Rd/Chaine Memorial Rd corner 1 x 1 mile Bay Rd, Curran Rd loop 4-6 x 400m (front of pencil) 1 x 1 mile Bay Rd, Curran Rd loop</p> <p><b><u>***EMILY/SAMMY***</u></b></p>	<p>Warm up jog to up of promenade hill 6 x 1K towards Drains Bay using Highway to health signs 3 out and 3 back</p> <p><b><u>***DAVY***</u></b></p>	<p><b>Steady Run</b> Curran Rd, Boyne Sq, FG Wilsons, Greenland Rd, Roddens, Antiville Rd, Down Carriageway, Pound St to L.Ctre</p> <p><b><u>***STEVEN***</u></b></p>
<b>THURSDAY 12<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Jog to FG Wilson Using hill at FG Wilson – continuous up and down repeats 3 x 6 mins non stop 3 mins recovery between sets</p> <p><b><u>***CLARE***</u></b></p>	<p>Jog to Ruby's Using hill – 3 x 8 mins (Grp C) 3 x 10 mins (Grp D) 3 mins recovery between sets</p> <p><b><u>***BILLY***</u></b></p>	<p>Bay Rd, Harbour Highway, Down Home Bargains, Tullygarley, Library, Victoria Rd, Old Glenarm Rd, Promenade to L.Ctre</p> <p><b><u>***RHONDA***</u></b></p>
<b>TUESDAY 17<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p>2 x 4(400 mtr) 1 min recovery between reps 3 mins recovery between sets Start of Promenade to bottom of snake = 400mtrs</p> <p><b><u>***EMILY***</u></b></p>	<p>3 x 3 or 4(400 mtrs) 1 min recovery between reps 3 mins recovery between sets Front of Pencil</p> <p><b><u>***BEVERLEY***</u></b></p>	<p>Promenade, Old Glenarm Rd, Curran Rd, Tower Rd loop Chaine Memorial Rd, Bay Rd, Curran Rd loop 1<sup>st</sup> loop again</p> <p><b><u>***FIONA/SAMMY***</u></b></p>
<b>THURSDAY 19<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to Inver</p>	<p>Warm up jog to Inver</p>	<p>Jog to Inver</p>

<p>3 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery <b>***EMMA***</b></p>	<p>3/4 figure of 8 loops of Inver (up Horseshoe, down Middle Brae, up Casements Brae, down Middle Brae = 1 figure of 8) <b>***BRIAN***</b></p>	<p>2 loops of Inver Horseshoe Down Casements Brae <b>***DAVY***</b></p>
<p><b>TUESDAY 24<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b></p>		
<p><b>Group A &amp; B</b> Steady run across town Up Carriageway, across Antiville Rd, down Roddens, Greenland Rd Toward FG Wilsons, back to Leisure Ctre via Boyne Square <b>***EVELYN/SAMMY***</b></p>	<p><b>Group C &amp; D</b> Steady run across town Up Carriageway, up Linn Rd, option of cutting across Churchill Rd or up top of Linn Rd Cairncastle Rd, Roddens, FG Wilsons, Back to Leisure Ctre via Boyne Square <b>***DAVY**</b></p>	<p><b>Steady Run</b> Steady run across town Up Carriageway, across Antiville Rd, down Roddens, Victoria Rd, Old Glenarm Rd, Curran Rd to L.Ctre <b>***JACKIE***</b></p>
<p><b>THURSDAY 26<sup>TH</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b></p>		
<p>Warm up jog to Inver 2(4 x 1 min) hill at Inver Rd Jog down recovery 2 mins recovery between sets <b>***RUTH***</b></p>	<p>Warm up jog to Harbour Gate 1 x 400mtrs 1 x 800 mtrs (promenade end to end) 3 x 1200mtrs (end promenade to Harbour Gate) 1 x 800mtrs 1 x 400 mtrs <b>***BOBBY***</b></p>	<p><b>Steady Run</b> L.Ctre through Boyne Sq, Greenland Rd, Up Roddens, Up past Cemetary, Down McCarey's Loanen Back to L.Ctre <b>***RHONDA***</b></p>
<p><b>TUESDAY 31<sup>ST</sup> OCTOBER 2017 – LARNE LEISURE CENTRE</b></p>		
<p>Warm up jog to Harbour Gate 1 x 400mtrs 1 x 800 mtrs (promenade end to end) 1 x 1200mtrs (end promenade to Harbour Gate) 1 x 800mtrs 1 x 400 mtrs <b>***BILLY***</b></p>	<p>Warm up jog to Inver 2(5 x 1 min) hill at Inver Rd Jog down recovery 2 mins recovery between sets <b>***BEVERLY***</b></p>	<p><b>Steady Run</b> L.Ctre, Bay Rd, Main St, Victoria Rd, Up to Ruby's, Greenland Rd, Down Roddens, Main Str Back to L.Ctre <b>***BOBBY***</b></p>

\*\*\*\* Any queries regarding training, pace or routes or anything to do with the sessions, please contact Sammy Drummond Mobile: 07476 105205