

# DECEMBER 2017 TRAINING

<b>TUESDAY 5TH DECEMBER 2017 – LARNE LEISURE CENTRE</b>		
<p><b>Group A &amp; B</b> 1 x 1 mile tempo run (Bay Rd loop) 4 x 400m at pencil 1 x 1 mile tempo (Bay Rd loop)</p> <p><b>Ruth</b></p>	<p><b>Group C &amp; D</b> 4 x 1 mile (Bay Rd loop) 400m jog recoveries</p> <p><b>Davy</b></p>	<p><b>Steady Run</b> Promenade, Glenarm Rd, Curran Rd, Bay Rd, Chaine Memorial, Leisure Ctre X 2</p> <p><b>Steven</b></p>
<b>THURSDAY 7TH DECEMBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Warm up run across town to library Up Roddens/down Grammar Brae x 3-4</p> <p><b>Emily</b></p>	<p>Warm up run across town to library Up Roddens/down Grammar Brae x 5-6</p> <p><b>Billy</b></p>	<p>Across town, up Roddens, Antville Rd, down Carriagway, Victoria Rd, Glenarm Rd, Curran Rd, Tower Rd</p> <p><b>Brian</b></p>
<b>TUESDAY 12<sup>TH</sup> DECEMBER 2017 – LARNE LEISURE CENTRE</b>		
<p>4 x 1K out Coast Rd (Highway to health signs) 3.5min recoveries</p> <p><b>Clare</b></p>	<p>6 x 1K out Coast Road Towards Drains Bay 3min recoveries</p> <p><b>Bobby</b></p>	<p>Leisure Ctre Tower Rd, Curran Rd, Glenarm Rd to Black Arch And back the same way</p> <p><b>Davy</b></p>
<b>THURSDAY 14<sup>TH</sup> DECEMBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Out Coast Rd/Branch/Old Glenarm Rd/ FG Wilsons/Boyne Sq/Glenarm Rd/ Promenade/Leisure Ctre</p> <p><b>Evelyn</b></p>	<p>Out Coast Rd/Branch/Old Glenarm Rd/ New Rd/Upper Cairncastle Rd/ Roddens/Greenland Rd/Boyne Sq Old Glenarm Rd/Promenade/Leisure Ctre</p> <p><b>Beverley</b></p>	<p>Curran Rd, Princes Gardens, Old Glenarm Rd to FG Wilsons, Greenland Rd, Roddens, Antville Rd, Carriageay, Main St to Leisure Ctre</p> <p><b>Steven</b></p>
<b>TUESDAY 19<sup>TH</sup> DECEMBER 2017 – LARNE LEISURE CENTRE</b>		
<p>Inver Horseshoe to top x 3-4</p> <p><b>Jackie</b></p>	<p>Inver Horseshoe to top x 4-5</p> <p><b>Billy</b></p>	<p>Jog to Inver 2 loops of Inver Horseshoe Down Casements Brae</p> <p><b>Emily</b></p>
<b>THURSDAY 21<sup>ST</sup> DECEMBER 2017 – SANTA RUN</b>		

**TUESDAY 26TH DECEMBER 2017 – BOXING DAY HANDICAP DIXON HALL**

**THURSDAY 28<sup>TH</sup> DECEMBER 2017 – LARNE LEISURE CENTRE**

Steady Run for all groups  
Across town/dual carriageway/Antiville Rd/Linn Rd  
Option going over Churchill Rd or up Linn Rd/  
Roddens/Greenland Rd/Boyne Sq/Glenarm Rd/Leisure Ctre

**Bobby,Davy,Jackie**

**\*Cross Country Sessions every Tuesday with Sammy\***

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

\*\*\*\* DURING WINTER NIGHTS PLEASE ENSURE TO WEAR HI VIS AND HEAD TORCHES AS SOME ROUTES ARE NOT WELL LIT