

# JANUARY 2018 TRAINING

## Cross country training every Tuesday @ Sandy Bay

<b>TUESDAY 2ND JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<p><b>Group A &amp; B</b> Steady/Tempo run From Leisure Ctre to Drains Bay and back Option of turning at Black Arch</p> <p><b>EMILY</b></p>	<p><b>Group C &amp; D</b> Steady/Tempo run Tower Rd/Curran Rd/Glenarm Rd/ Coast Rd to Drains Bay and back</p> <p><b>BILLY</b></p>	<p><b>Steady Run</b> Leisure Ctre Tower Rd, Curran Rd, Glenarm Rd to Black Arch And back the same way</p> <p><b>BOBBY</b></p>
<b>THURSDAY 4TH JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to Princes Gardens Princes Garden hill x 8-10 Downhill recoveries</p> <p><b>STEVEN</b></p>	<p>Warm up jog to Inver Inver Horseshoe to top x 4-5 Downhill recoveries</p> <p><b>DAVY</b></p>	<p>Across town, up Roddens, Antiville Rd, down Carriagway, Victoria Rd, Glenarm Rd, Curran Rd, Tower Rd</p> <p><b>BRIAN</b></p>
<b>TUESDAY 9<sup>TH</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to bottom of dual carriageway Dual carriageway/Antiville Rd/Roddens/ Greenland Rd/Old Glenarm Rd/Chapel Lane To leisure centre</p> <p><b>JACKIE</b></p>	<p>Warm up jog to up of promenade hill 6 x 1K using 1<sup>st</sup> Highway to health signs 3 min recoveries</p> <p><b>BEVERLEY</b></p>	<p>Promenade, Glenarm Rd, Curran Rd, Bay Rd, Chaine Memorial, Leisure Ctre X 2</p> <p><b>DAVY</b></p>
<b>THURSDAY 11<sup>TH</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<p>Warm up jog to Inver 3 - 4 laps of Inver Horseshoe to the top of Middle brae Jog/walk down Middle Brae recovery</p> <p><b>EMMA</b></p>	<p>Warm up jog to Inver 3 - 4 figure of 8 loops of Inver (up Horseshoe, down Middle Brae, up Casements Brae, down Middle Brae = 1 figure of 8)</p> <p><b>STEVEN</b></p>	<p>Jog to Inver 2 loops of Inver Horseshoe Down Casements Brae</p> <p><b>BOBBY</b></p>
<b>TUESDAY 16<sup>TH</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<p>Steady/Tempo run 2 x 2 miles Prom/Glenarm Rd/Curran Rd/Tower Rd loop = 2 miles</p>	<p>5 miles tempo run Promenade, Glenarm Rd, Curran Rd, Tower Rd, Chaine Memorial, Bay Rd Tower Rd, Promenade, Glenarm Rd</p>	<p>Curran Rd, Princes Gardens, Old Glenarm Rd to FG Wilsons, Greenland Rd, Roddens, Antiville Rd, Carriageay,</p>

<b>BRIAN</b>	Curran Rd, Tower Rd <b>BEVERLEY</b>	Main St to Leisure Ctre  <b>DAVY</b>
<b>THURSDAY 18TH JANUARY 2018 – LARNE LEISURE CENTRE</b>		
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>EMMA</b>	Warm up jog to Pound St Pound St, Roddens, Grammar Brae, Carriageway, Antiville Rd, Grammar Brae loop 1.5 – 2 loops  <b>BILLY</b>	Bay Rd, Harbour Highway, Down at Home Bargains, Tullygarley, Library, Victoria Rd, Glenarm Rd, Out to top of Promenade Back to Leisure Ctre <b>EMILY</b>
<b>TUESDAY 23<sup>RD</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
<b>Group A &amp; B</b> Warm up jog to Inver 3 - 4 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery  <b>JACKIE</b>	<b>Group C &amp; D</b> Warm up jog to Inver 4 - 5 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery  <b>BRIAN</b>	<b>Steady Run</b> Curran Rd, Main St, Pound St, Carriageway, Antiville Rd, Roddens, Greenland Rd, Old Glenarm Rd, Boyne Sq, Promenade to Leisure Ctre <b>BOBBY</b>
<b>THURSDAY 25<sup>TH</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
Warm up jog to top of promenade Using Highway to health signs 4 x 1K out Coast Road 4 min recoveries between K's  <b>EMILY</b>	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>DAVY</b>	Promenade out Coast Turning at Branch Rd or Drains Bay Approx 4.5 miles  <b>BEVERLEY</b>
<b>TUESDAY 30<sup>TH</sup> JANUARY 2018 – LARNE LEISURE CENTRE</b>		
Warm up jog to Bay Rd/Chaine Memorial Rd corner 1 x 1 mile Bay Rd, Curran Rd loop 4 x 400m (front of pencil) 1 x 1 mile Bay Rd, Curran Rd loop <b>STEVEN</b>	Warm up jog to up of promenade hill 6 x 1K using 1 <sup>st</sup> Highway to health signs 3 min <b>recoveries</b>  <b>BILLY</b>	Curran Rd past Lidl's, Pound St, Carriageway, Antiville Rd, Linn Rd, Churchill Rd, down Roddens, Main St, Curran Rd to L.Ctre Approx 4.5 miles <b>JACKIE</b>

\*\*\*\* 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