

February 2018 TRAINING

Cross Country at Sandy Bay every Tuesday (Meet in Leisure Centre)

THURSDAY 1 ST FEB 2018 – LARNE LEISURE CENTRE		
<p>Group A & B Steady/Tempo run From Leisure Ctre to Drains Bay and back Option of turning at Black Arch</p> <p>*EMILY*</p>	<p>Group C & D 2miles @10k pace (Prom / Glenarm Rd / Tower Rd loop)</p> <p>4x1 mile @ Slightly faster than 10k pace (Bay Rd / Tower Rd Loop)</p> <p>*BILLY*</p>	<p>Steady Run Leisure Ctre Tower Rd, Curran Rd, Glenarm Rd to Black Arch And back the same way</p> <p>*STEPHEN*</p>
TUESDAY 6 TH FEB 2018 – LARNE LEISURE CENTRE		
<p>Warm up jog to Princes Gardens Princes Garden hill x 9-11 reps Downhill recoveries</p> <p>*JACKIE*</p>	<p>Warm up jog to Inver Inver Horseshoe to top x 4-5 Downhill recoveries</p> <p>*BEVERLEY*</p>	<p>Across town, up Roddens, Antiville Rd, down Carriagway, Victoria Rd, Glenarm Rd, Curran Rd, Tower Rd</p> <p>*DAVY*</p>
THURSDAY 8 TH FEB 2018 – LARNE LEISURE CENTRE		
<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>*EMMA*</p>	<p>Warm up jog to up of promenade hill 6 x 1K using 1st Highway to health signs 3 min recoveries</p> <p>*BOBBY*</p>	<p>Promenade, Glenarm Rd, Curran Rd, Bay Rd, Chaine Memorial, Leisure Ctre X 2</p> <p>*EMILY*</p>
TUESDAY 13 TH FEB 2018 – LARNE LEISURE CENTRE		
<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>*JACKIE*</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>*BILLY*</p>	<p>Jog to Inver 2 loops of Inver Horseshoe Down Casements Brae</p> <p>*JACKIE/BILLY*</p>
THURSDAY 15 TH FEB 2018 – LARNE LEISURE CENTRE		
<p>Steady/Tempo run 2 x 2 miles Prom/Glenarm Rd/Curran Rd/Tower Rd loop = 2 miles</p> <p>*STEPHEN*</p>	<p>Warm up jog 10 to 12 x 400m (Chaine Memorial Rd)</p> <p>*BEVERLEY*</p>	<p>Curran Rd, Princes Gardens, Old Glenarm Rd to FG Wilsons, Greenland Rd, Roddens, Antiville Rd, Carriageay, Main St to Leisure Ctre</p> <p>*BOBBY*</p>
TUESDAY 20 TH FEB 2018 – LARNE LEISURE CENTRE		
<p>Warm up jog to Harbour Gate 1 x 400mtrs</p>	<p>Warm up jog to Pound St Pound St, Roddens, Grammar Brae,</p>	<p>Bay Rd, Harbour Highway, Down at Home Bargains,</p>

<p>1 x 800 mtrs (promenade end to end) 1 x 1200mtrs (end promenade to Harbour Gate) 1 x 800mtrs 1 x 400 mtrs *EMILY*</p>	<p>Carriageway, Antiville Rd, Grammar Brae loop 1.5 – 2 loops *DAVY*</p>	<p>Tullygarley, Library, Victoria Rd, Glenarm Rd, Out to top of Promenade Back to Leisure Ctre *BILLY*</p>
THURSDAY 22RD FEB 2018 – LARNE LEISURE CENTRE		
<p>Group A & B Warm up jog to Inver 3 - 4 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery *JACKIE*</p>	<p>Group C & D Warm up jog to Inver 4 - 5 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery *BEVERLEY*</p>	<p>Steady Run Curran Rd, Main St, Pound St, Carriageway, Antiville Rd, Roddens, Greenland Rd, Old Glenarm Rd, Boyne Sq, Promenade to Leisure Ctre *DAVY*</p>
TUESDAY 27TH FEB 2018 – LARNE LEISURE CENTRE		
<p>Warm up jog to top of promenade Using Highway to health signs 4 x 1K out Coast Road 4 min recoveries between K's *BILLY*</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 *BOBBY*</p>	<p>Promenade out Coast Turning at Branch Rd or Drains Bay Approx 4.5 miles *STEPHEN*</p>
THURSDAY 1ST MARCH 2018 – LARNE LEISURE CENTRE		
<p>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 *EMILY*</p>	<p>Warm up jog to up of promenade hill 2 x 3K using 1st Highway to health signs to Drains Bay 5 min recovery *JACKIE*</p>	<p>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 *BRIAN*</p>

**** 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