

March 2018 TRAINING

TUESDAY 6th March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>Warm up jog to library Up Roddens / down Grammar Brae x 3-4 ***BILLY***</p>	<p>Group C & D</p> <p>Warm up jog to Pound Street Roddens, Grammar Brae Carriageway, Antiville Rd, Grammar Brae loop 1.5 / 2 loops ***BEVERLEY***</p>	<p>Steady Run</p> <p>Across town, up Roddens, Antiville Rd, down Carriagway, Victoria Rd, Glenarm Rd, Curran Rd, Bay Rd ***DAVY***</p>
THURSDAY 8th March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>2 x 4 (400m) 1 min recovery between reps 3 mins recovery between sets Start of Promenade to bottom of Snake = 400m ***EMILY***</p>	<p>Group C & D</p> <p>3or4 x 4 (400m) 1 mins rec reps 3 mins recovery between sets (Pencil) ***BOBBY***</p>	<p>Steady run</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 ***BRYAN***</p>
TUESDAY 13th March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>Warm up jog to bottom of dual carriageway Dual carriageway/Antiville Rd/Roddens/ Greenland Rd/Old Glenarm Rd/Chapel Lane To leisure centre ***JACKIE***</p>	<p>Group C & D</p> <p>Jog to Rubys Using hill – 3 x 8mins continuous up/down group C 3 x 10mins continuous group D ***BILLY***</p>	<p>Steady run</p> <p>Promenade, Glenarm Rd, Curran Rd, Bay Rd, Chaine Memorial, Leisure Ctre X 2 ***DAVY***</p>
THURSDAY 15th March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>Warm up jog to Inver 3 - 4 laps of Inver Horseshoe to the top of Middle brae Jog/walk down Middle Brae recovery ***FIONA***</p>	<p>Group C & D</p> <p>Warm up jog to up of promenade hill 6 x 1K using 1st Highway to health signs 3 min recoveries ***DAVY***</p>	<p>Steady run</p> <p>Jog to Inver 2 loops of Inver Horseshoe Down Casements Brae ***BILLY***</p>
TUESDAY 20th March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>Steady/Tempo run 2 x 2 miles Prom/Glenarm Rd/Curran Rd/Tower Rd loop = 2 miles ***EMILY***</p>	<p>Group C & D</p> <p>5 miles tempo run Promenade, Glenarm Rd, Curran Rd, Tower Rd, Chaine Memorial, Bay Rd Tower Rd, Promenade, Glenarm Rd Curran Rd, Tower Rd ***BOBBY***</p>	<p>Steady run</p> <p>Curran Rd, Princes Gardens, Old Glenarm Rd to FG Wilsons, Greenland Rd, Roddens, Antiville Rd, Carriageay, Main St to Leisure Ctre ***DAVY***</p>
THURSDAY 22nd March 2018 – LARNE LEISURE CENTRE		
<p>Group A & B</p> <p>Warm up jog to Harbour Gate 1 x 400mtrs 1 x 800 mtrs (promenade end to end)</p>	<p>Group C & D</p> <p>100m jog back to start 200m jog back 300m jog back</p>	<p>Steady run</p> <p>Bay Rd, Harbour Highway, Down at Home Bargains, Tullygarley, Library,</p>

1 x 1200mtrs (end promenade to Harbour Gate) 1 x 800mtrs 1 x 400 mtrs *** FIONA ***	400m 2 min recovery ALL X 4 (front of Pencil) *** DAVY ***	Victoria Rd, Glenarm Rd, Out to top of Promenade Back to Leisure Ctre *** JACKIE ***
TUESDAY 27th March 2018 – LARNE LEISURE CENTRE		
Group A & B Warm up jog to Inver 3 - 4 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery *** BILLY ***	Group C & D Warm up jog to Inver 4 - 5 laps of Inver Horseshoe to the top Jog/walk down Casements Brae recovery *** BILLY ***	Steady Run Curran Rd, Main St, Pound St, Carriageway, Antiville Rd, Roddens, Greenland Rd, Old Glenarm Rd, Boyne Sq, Promenade to Leisure Ctre *** DAVY ***
THURSDAY 29th March 2018 – LARNE LEISURE CENTRE		
Group A & 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 *** EVELYN ***	Group C & D Warm up jog to end of Promenade 1 x 1200mtrs (end promenade to Harbour Gate) 1 x 400m (Harbour gate to start of Prom) 1 x 800m (Full length of Prom) ALL X 2 *** BRYAN ***	Steady run Promenade out Coast Turning at Branch Rd or Drains Bay Approx 4.5 miles *** DAVY ***

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