

# April 2018 TRAINING... PLEASE NOTE THE DIFFERENT TRAINING VENUES !!!

<b>TUESDAY 3<sup>rd</sup> April 2018 – DRAINS BAY CAR PARK</b>		
<p><b>Group A &amp; B</b> Steady run into Carnfunnock up past visitor centre into Hospital/up behind Hospital towards ice house / down the hill to visitor centre turn right down past park / up behind train and up road and past visitor centre again then back to car park ***EMMA***</p>	<p><b>Group C &amp; D</b> Drains Bay path into Carnfunnock out onto road at pyramid to Ballygally up Croft Rd up Daffodil lane/forest into top of Carnfunnock along top / down the hill at ice house / left at visitor centre down road onto path back to Drains ***BRIAN***</p>	<p><b>Steady Run</b>  SAME AS A/B  ***EMMA***</p>
<b>THURSDAY 5<sup>th</sup> April 2018 – DRAINS BAY CAR PARK</b>		
<p><b>Group A &amp; B</b> Out and back 16 to 18 mins Run 16 to 18 mins towards Larne turn and run faster on way back ***DAVY***</p>	<p><b>Group C &amp; D</b> 2km easy run towards Larne (use highway to health) Then 4 x 600m effort (or 2 mins) With 400m recovery (or 3 mins) ***JACKIE***</p>	<p><b>Steady run</b>  SAME AS A/B ***DAVY***</p>
<b>TUESDAY 10<sup>th</sup> April 2018 – DRAINS BAY CAR PARK</b>		
<p><b>Group A &amp; B</b> All groups into Carnfunnock (Top loops) from play park / up middle hill to view point / down steps recovery A+B 2 or 3 loops ***BILLY***</p>	<p><b>Group C &amp; D</b> All groups into Carnfunnock (Top loops) from play park / up middle hill to view point down steps recovery C+D 4 or 5 loops ***BILLY***</p>	<p><b>Steady run</b> 4 bottom loops of Carnfunnock Behind train up road past visitor centre down to start ***EMMA***</p>
<b>THURSDAY 12<sup>th</sup> April 2018 – BALLYGALLY CAR PARK</b>		
<p><b>Group A &amp; B</b> Out and back 18 to 20 mins Run 18 to 20 mins towards Drumnagreagh turn and run faster on way back ***SAMMY***</p>	<p><b>Group C &amp; D</b> Run to Halfway Hotel and back to start of path (easy) Then 5 x (2 mins effort) with 90 seconds jog recovery Then run back to Halfway and back to Car park ***DAVY***</p>	<p><b>Steady run</b>  SAME AS A/B ***SAMMY***</p>
<b>TUESDAY 17<sup>th</sup> April 2018 – DRAINS BAY CAR PARK</b>		
<p><b>Group A &amp; B</b> Jog warm up 4 x 1k towards Larne (using Highway to health signs) 2 in / 2 out ***BILLY***</p>	<p><b>Group C &amp; D</b> Warm up jog to pyramid 5 x 1k (Pyramid to Drains Bay car park approx. 1k) ***BEVERLY***</p>	<p><b>Steady run</b>  SAME AS A/B BUT JUST STEADY ***BILLY***</p>
<b>THURSDAY 19<sup>th</sup> April 2018 – BALLYGALLY CAR PARK</b>		
<p><b>Group A &amp; B</b> Warm up run to hill at Church of Ireland (Carncastle) Using hill 8/10 x steady hill reps ( downhill recovery)</p>	<p><b>Group C &amp; D</b> Warm up to Bear and back to Carncastle School gate Using hill run 4 or 5 reps to top</p>	<p><b>Steady run</b> Up Carncastle road / up past Church of Ireland Ballymullock road / down Croft road back to car park</p>

<b>***EVELYN***</b>	<b>***BRIAN***</b>	<b>***DAVY***</b>
<b>TUESDAY 24th April 2018 – DRAINS BAY CAR PARK</b>		
<b>Group A &amp; B</b> Out and back 20 to 22 mins Run 20 to 22 mins towards Larne turn and run faster on the way back <b>***JACKIE***</b>	<b>Group C &amp; D</b> Out and back 25 mins Run 25 mins towards Drumnagreagh turn and run back to start in under 25 mins <b>***BEVERLY***</b>	<b>Steady Run</b>  SAME AS A/B <b>***JACKIE***</b>
<b>THURSDAY 26<sup>th</sup> April 2018 – BALLYGALLY CAR PARK</b>		
<b>Group A &amp; B</b> Choice of route 1 Old Glenarm Rd / Branch Rd / Coast Rd back to Ballygally 2 Weyburn / Carncastle / Drumnagreah Coast Rd back <b>***EVELYN**</b>	<b>Group C &amp; D</b> Choice of route 1 Old Glenarm Rd / Branch Rd / Coast Rd back to Ballygally 2 Weyburn / Carncastle / Drumnagreah Coast back <b>***Sammy***</b>	<b>Steady run</b> Old Glenarm road / moat lane Through Carnfunnock onto Coast Rd back to Ballygally <b>***BILLY***</b>

\*\*\*\* PLEASE ENSURE TO WEAR HI VIS SOME ROUTES ARE ON ROADS\*\*\*\*