

MAY 2018 TRAINING

TUESDAY 1st May 2018 – BALLYGALLY CAR PARK		
Group A & B Out and back 20 to 22 mins towards Drumnagreah turn and run faster on the way back to start (tempo run) EMILY	Group C & D Weyburn road to Cairncastle / Drumnagreah road onto coast (2.5 mile tempo run to Halfway) DAVY	Steady Run SAME AS A/B EMILY
THURSDAY 3rd May 2018 – BALLYGALLY CAR PARK		
Group A & B Weyburn road/Cairncastle road/ Croft road Brustin Brae road to Cairncastle Weyburn road to car park FIONA	Group C & D Warm up run to Church of Ireland (Cairncastle) Using hill 10/12 Hill reps BOBBY	Steady run SAME AS A/B FIONA
TUESDAY 8th May 2018 – DRAINS BAY CAR PARK		
Group A & B Carnfunnock to top forest (Daffodil Lane) to Ballygally/Coast road back to Drains bay SAMMY	Group C & D Into Carnfunnock/Hospital grounds to top forest (Daffodil Lane) to Ballygally carpark. Tempo run back to Drains Bay car park BEVERLEY	Steady run 4 bottom loops of Carnfunnock Behind train up road past visitor centre down to start DAVY
THURSDAY 10th May 2018 – BALLYGALLY CAR PARK		
Group A & B Out and back to Drumnagreah Run to Drumnagreah turn and run faster on way back BOBBY	Group C & D 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 BRIAN	Steady run SAME AS A/B BOBBY
TUESDAY 15th May 2018 – DRAINS BAY CAR PARK		
Group A & B Jog warm up 4 x 1k towards Larne (using Highway to health signs) 2 in / 2 out DAVY	Group C & D Warm up jog to pyramid 5 x 1k (Pyramid to Drains Bay car park approx. 1k) SAMMY	Steady run SAME AS A/B BUT JUST STEADY DAVY
THURSDAY 17th May 2018 – BALLYGALLY CAR PARK		
Group A & B Warm up run to hill at Church of Ireland (Cairncastle) Using hill 8/10 x steady hill reps (downhill recovery) EVELYN	Group C & D Warm up to Bear and back to Cairncastle School gate Using hill run 12 x 1 min hill reps BEVERLEY	Steady run Up Cairncastle road / up past Church of Ireland Ballymullock road / down Croft road back to car park EMILY
TUESDAY 22nd May 2018 – DRAINS BAY CAR PARK		
Group A & B	Group C & D	Steady Run

CLUB HANDICAP	HILL CLIMB	CLUB HANDICAP	HILL CLIMB
THURSDAY 24th MAY 2018 – BALLYGALLY CAR PARK			
Group A & B Choice of route 1 Old Glenarm Rd / Branch Rd / Coast Rd back to Ballygally 2 Weyburn / Carncastle / Drumnagreah Coast Rd back EVELYN		Group C & D Choice of route 1 Old Glenarm Rd / Branch Rd / Coast Rd back to Ballygally 2 Weyburn / Carncastle / Drumnagreah Coast back DAVY	
TUESDAY 29th MAY 2018 BALLYGALLY CAR PACK			
Group A & B Warm up jog to Big Bear car park. Then using path run 5 x 2min efforts with 90sec jog recoveries EMMA		Group C & D Warm up jog to Halfway. Then towards Drumnagregh 4 x ½ miles with ½ mile jog recoveries 2 out 2 back BRIAN	
THURSDAY 31st MAY 2018 HEADLESS CROSS CAR PARK (3 CHOICES of routes)			
1 Off road up Scawt to Standing stone and back (Approx 5 miles) BEVERLEY		2 Feystown rd/Drumcrow Rd/ Aughaboy Rd/Loughdoo Rd/Lift loughdoo Rd Feystown road (Approx 9 miles) SAMMY	
		3 Inter club course down Feystown road in back BRIAN	

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