

June 2018 TRAINING

TUESDAY 5th June 2018 – BALLYGALLY CAR PARK		
Old Glenarm Rd/Branch Rd//Coast Rd to Ballygally car park ***EMMA***	Group C & D Weyburn road to Cairncastle / Drumnagreagh road onto coast (2.5 mile tempo run to Halfway) ***DAVY***	Steady Run SAME AS A/B or cut up Mote lane through Carnfunnock ***EMMA***
THURSDAY 7th June 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 Run down Croft Rd cool down ***SAMMY***	Steady run SAME AS A/B ***FIONA***
TUESDAY 12th June 2018 – Headless Cross Carpark		
Group A & B All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill ***BEVERLEY*** ***BRIAN*** ***BOBBY***	Group C & D All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill ***BEVERLEY*** ***BRIAN*** ***BOBBY***	Steady run All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill ***BEVERLEY*** ***BRIAN*** ***BOBBY***
THURSDAY 14th June 2018 – BALLYGALLY CAR PARK		
Group A & B Out and back to Drumnagreagh Run to Drumnagreagh turn and run faster on way back ***EVELYN***	Group C & D Run to Halfway Hotel and back to start of path (easy) then 5 x (2.5 mins effort) with 90 seconds jog recovery Then run back to Halfway and back to Car park ***DAVY***	Steady run SAME AS A/B ***EVELYN***
TUESDAY 19th June 2018 – DRAINS BAY CAR PARK		
Scawt Handicap	Scawt Handicap	Scawt Handicap
THURSDAY 21st June 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) ***DAVY***	Group C & D Warm up to Bear and back to Cairncastle School gate Using hill run 12 x 1 min hill reps ***SAMMY***	Steady run Up Cairncastle road / up past Church of Ireland Ballymullock road / down Croft road back to car park ***BRIAN***
TUESDAY 26th June 2018 – DRAINS BAY CAR PARK		
Group A & B	Group C & D Into Carnfunnock/Hospital grounds to top forest	Steady Run

Carnfunnock to top forest (Daffodil Lane) to Ballygally/Coast road back to Drains bay ***EMILY***	(Daffodil Lane) 4x1km in forest (1km is length of path approx) ***BEVERLEY***	As A/B ***EMILY***
THURSDAY 28th June 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 ***RUTH***	Group C & D Warm up jog to Halfway 6x1k (3 out 3 back) ***BOBBY***	Steady run Old Glenarm road / moat lane Through Carnfunnock onto Coast Rd back to Ballygally ***DAVY***
TUESDAY 3rd July 2018 BALLYGALLY CAR PARK		
Group A & B Warm up jog to Big Bear car park. Then using path run 5 x 2min efforts with 90sec jog recoveries ***EVELYN***	Group C & D Warm up jog to Halfway. Then towards Drumnagregh 5 x ½ miles with ½ mile jog recoveries 2 out 2 back ***BRIAN***	Steady run Out and back Run 20 mins out towards Drumnagregh turn and run back ***EMMA***
THURSDAY 5th July 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 ***DAVY***

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