

# June 2018 TRAINING

<b>TUESDAY 5<sup>th</sup> June 2018 – BALLYGALLY CAR PARK</b>		
Old Glenarm Rd/Branch Rd//Coast Rd to Ballygally car park <b>***EMMA***</b>	<b>Group C &amp; D</b> Weyburn road to Cairncastle / Drumnagreagh road onto coast ( 2.5 mile tempo run to Halfway ) <b>***DAVY***</b>	<b>Steady Run</b> SAME AS A/B or cut up Mote lane through Carnfunnock <b>***EMMA***</b>
<b>THURSDAY 7<sup>th</sup> June 2018 – BALLYGALLY CAR PARK</b>		
<b>Group A &amp; B</b> Weyburn road/Cairncastle road/ Croft road Brustin Brae road to Cairncastle Weyburn road to car park <b>***FIONA***</b>	<b>Group C &amp; D</b> Warm up run to Church of Ireland (Cairncastle) Using hill 10/12 Hill reps Run down Croft Rd cool down <b>***SAMMY***</b>	<b>Steady run</b>  SAME AS A/B <b>***FIONA***</b>
<b>TUESDAY 12<sup>th</sup> June 2018 – Headless Cross Carpark</b>		
<b>Group A &amp; B</b> All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill <b>***BEVERLEY***</b> <b>***BRIAN***</b> <b>***BOBBY***</b>	<b>Group C &amp; D</b> All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill <b>***BEVERLEY***</b> <b>***BRIAN***</b> <b>***BOBBY***</b>	<b>Steady run</b> All Groups choice Scawt Hill Inter Club Greenwood 4m Rd / 4m hill <b>***BEVERLEY***</b> <b>***BRIAN***</b> <b>***BOBBY***</b>
<b>THURSDAY 14<sup>th</sup> June 2018 – BALLYGALLY CAR PARK</b>		
<b>Group A &amp; B</b> Out and back to Drumnagreagh Run to Drumnagreagh turn and run faster on way back <b>***EVELYN***</b>	<b>Group C &amp; D</b> 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 <b>***DAVY***</b>	<b>Steady run</b>  SAME AS A/B <b>***EVELYN***</b>
<b>TUESDAY 19<sup>th</sup> June 2018 – DRAINS BAY CAR PARK</b>		
<b>Scawt Handicap</b>	<b>Scawt Handicap</b>	<b>Scawt Handicap</b>
<b>THURSDAY 21<sup>st</sup> June 2018 – BALLYGALLY CAR PARK</b>		
<b>Group A &amp; B</b> Warm up run to hill at Church of Ireland (Cairncastle) Using hill 8/10 x steady hill reps ( downhill recovery) <b>***DAVY***</b>	<b>Group C &amp; D</b> Warm up to Bear and back to Cairncastle School gate Using hill run 12 x 1 min hill reps <b>***SAMMY***</b>	<b>Steady run</b> Up Cairncastle road / up past Church of Ireland Ballymullock road / down Croft road back to car park <b>***BRIAN***</b>
<b>TUESDAY 26<sup>th</sup> June 2018 – DRAINS BAY CAR PARK</b>		
<b>Group A &amp; B</b>	<b>Group C &amp; D</b> Into Carnfunnock/Hospital grounds to top forest	<b>Steady Run</b>

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***
<b>THURSDAY 28<sup>th</sup> June 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 ***RUTH***	<b>Group C &amp; D</b> Warm up jog to Halfway 6x1k (3 out 3 back) ***BOBBY***	<b>Steady run</b> Old Glenarm road / moat lane Through Carnfunnock onto Coast Rd back to Ballygally ***DAVY***
<b>TUESDAY 3<sup>rd</sup> July 2018 BALLYGALLY CAR PARK</b>		
<b>Group A &amp; B</b> Warm up jog to Big Bear car park. Then using path run 5 x 2min efforts with 90sec jog recoveries ***EVELYN***	<b>Group C &amp; D</b> Warm up jog to Halfway. Then towards Drumnagregh 5 x ½ miles with ½ mile jog recoveries 2 out 2 back ***BRIAN***	<b>Steady run</b> Out and back Run 20 mins out towards Drumnagregh turn and run back ***EMMA***
<b>THURSDAY 5<sup>th</sup> July 2018 HEADLESS CROSS CAR PARK (3 CHOICES of routes)</b>		
<b>1</b> Off road up Scawt to Standing stone and back (Approx 5 miles) ***BEVERLEY***	<b>2</b> Feystown rd/Drumcrow Rd/ Aughaboy Rd/Loughdoo Rd/Lift loughdoo Rd Feystown road (Approx 9 miles) ***SAMMY***	<b>3</b> Inter club course down Feystown road in back ***DAVY***

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