

July 2018 TRAINING

| | | |
|--|---|--|
| TUESDAY 10th July 2018 – Drains Bay | | |
| <p>Group A & B Warm up jog into Carnfunnock (Park up towards visitor centre middle hill to Ice House/View Point down steps recovery) 3 or 4 loops ***EMILY***</p> | <p>Group C & D Warm up jog into Carnfunnock Same as A / B 4 / 5 Upper loops ***SAMMY***</p> | <p>Steady Run Running into Carnfunnock up past visitor centre into Hospital grounds up over top of Carnfunnock down middle hill to visitor centre back to Drains Bay ***RUTH***</p> |
| THURSDAY 12th July 2018 – No Club Training | | |
| TUESDAY 17th July 2018 – Headless Cross Carpark | | |
| <p>Group A & B All Groups choice 1 Inter Club course 2 Car Park Loughdoo road Standing stone Ulster Way over Sallagh Braes back to Car Park</p> | <p>Group C & D All Groups choice ***BEVERLEY*** ***DAVY***</p> | <p>Steady run All Groups choice</p> |
| THURSDAY 19th July 2018 – BALLYGALLY CAR PARK | | |
| <p>Group A & B Out and back to Drumnagregh Run to Drumnagreagh turn and run faster on way back ***JACKIE***</p> | <p>Group C & D Run to Halfway Hotel and back to start of path (easy) then 6 x (2.5 mins effort) with 90 seconds jog recovery Then run back to Halfway and back to Car park ***SAMMY***</p> | <p>Steady run SAME AS A/B but turning at 15mins running ***JACKIE***</p> |
| TUESDAY 24th July 2018 – BALLYGALLY CAR PARK | | |
| <p>Group A & B Weyburn road/Cairncastle road/ Croft road Brustin Brae road to Cairncastle Weyburn road to car park ***EMILY***</p> | <p>Group C & D Warm up to Bear and back to Carncastle School gate Using hill run 12 x 1 min hill reps ***DAVY***</p> | <p>Steady Run Croft Road / Brustin Brae Rd / Weyburn Rd / up Croft Rd / School Hill back to Car Park ***EVELYN***</p> |
| THURSDAY 26th July 2018 – BALLYGALLY CAR PARK | | |
| <p>Group A & B Warm up run to hill at Church of Ireland (Cairncastle) Using hill 8/10 x steady hill reps (downhill recovery) ***RUTH***</p> | <p>Group C & D Warm up jog to Halfway. Then towards Drumnagregh 5 x ½ miles with ¼ mile jog recoveries ***BEVERLEY***</p> | <p>Steady run Up Cairncastle road / up past Church of Ireland Ballymullock road / down Croft road back to car park</p> |

TUESDAY 31st July 2018 – DRAINS BAY CAR PARK

| | | |
|---|--|--|
| <p>Group A & B 4 x 1K (Using Highway to health signs towards Larne) 2 in 2 out ***JACKIE***</p> | <p>Group C & D Warm up Jog pyramid 5 x 1K Cool down jog to Branch and back ***BRIAN***</p> | <p>Steady Run From Drains bay to top of Prom and back</p> |
|---|--|--|

THURSDAY 2nd August 2018 – BALLYGALLY CAR PARK

| | | |
|--|--|--|
| <p>Group A & B Warm up jog to Big Bear car park. Then using path run 6 x 2min efforts with 90sec jog recoveries ***JACKIE***</p> | <p>Group C & D Warm up jog to Big Bear car park (stretch out) Tempo run to Drains Bay car park and back to Big Bear ***DAVY***</p> | <p>Steady run Old Glenarm road / moat lane through Carnfunnock onto Coast Rd back to Ballygally ***EVELYN***</p> |
|--|--|--|

| | | |
|--|--|--|
| | | |
|--|--|--|

| | | |
|--|--|--|
| | | |
|--|--|--|

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