

October 2018 TRAINING (Pigeon Club)

TUESDAY 2nd October 2018

<p>Group 2 Run from Pigeon club up Old Glenarm Rd across Greenland Rd to the bottom of Dunboyne Ave (Right hand side of Rd) DYNAMIC STRETCHES 8 to 10 x 45sec hill reps up Dunboyne Ave Downhill recovery ***IAN***</p>	<p>Group 1 Run from Pigeon club up Old Glenarm road in Seacliff Rd out Seacourt Rd to bottom of Ballycraigy Rd. DYNAMIC STRETCHES 8 to 10 x 1min hill reps up Ballycraigy Rd Jog down recovery Back to Club ***SAMMY***</p>	<p>Steady Run From Pigeon club up Old Glenarm Rd across Greenland Rd / The Roddens / Upper Cairncastle Rd / Ballycraigy Rd Seacourt Rd / Seacliff Rd / Old Glenarm Rd / Club ***EMILY***</p>
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THURSDAY 4th October 2018

<p>Group 2 Club / Greenland Rd to the Junction with The Roddens (Right hand side) DYNAMIC STRETCHES 8 x Greenland Rd end to end 3min recovery between efforts ***RUTH***</p>	<p>Group 1 Club / Old Glenarm Rd to Seacliff Rd DYNAMIC STRETCHES Using Seacliff Rd, Seacourt Rd (approx 0.5 mile) 8 x 0.5 mile (3min recovery) ***BOBBY***</p>	<p>Steady run Pigeon club down Old Glenarm Rd across Victoria Rd / Pound Street up Dual Carriageway / Antiville Rd / The Roddens / Greenland Rd to club ***JACKIE***</p>
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TUESDAY 9th October 2018

<p>Group 2 Club / Old Glenarm Rd to Seacliff Rd DYNAMIC STRETCHES Using Seacliff Rd, Seacourt Rd (approx 0.5 mile) 6 x 0.5 mile (3min recovery) ***EMILY***</p>	<p>Group 1 Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 6 x 2min up The Roddens Jog back (3mins) recovery ***DAVY**</p>	<p>Steady Run Pigeon club up Old Glenarm Rd / Seacliff Rd / Seacourt Rd up Ballycraigy Rd down Upper Cairncastle Rd / The Roddens to bottom Victoria Rd / Old Glenarm Rd to Pigeon club ***IAN***</p>
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THURSDAY 11th October 2018

<p>Group 2 Club / Old Glenarm Rd / Greenland Rd / Roddens DYNAMIC STRETCHES Up Roddens down Grammar Brae up Dual Carriageway / Antiville Rd down Grammar Brae up Roddens to start X 1.5 loops ***SAMMY***</p>	<p>Group 1 Club / Old Glenarm Rd / Greenland Rd / Roddens DYNAMIC STRETCHES Up Roddens down Grammar Brae up Dual Carriageway / Antiville Rd down Grammar Brae up Roddens to start X2 ***BOBBY***</p>	<p>Steady Run Club / Old Glenarm Rd / Greenland Rd / Roddens DYNAMIC STRETCHES Up Roddens down Grammar Brae up Dual Carriageway / Antiville Rd down Grammar Brae up Roddens to start ***DAVY***</p>
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TUESDAY 16th October 2018

<p>Group 2 Club / Victoria Rd / Glenarm Rd to bottom of Princess Gardens DYNAMIC STRETCHES 12 x Princess Gardens hill Jog down recovery Cool down jog back to club ***BILLY***</p>	<p>Group 1 Club / Boyne Sq / Upper Waterloo Rd onto Coast Rd, top of Prom DYNAMIC STRETCHES Using Highway to Health signs (1Ks) 6 x 1k towards Drains Bay (3 out 3 back) 3mins recoveries ***BEVERLEY***</p>	<p>Steady Run Club / Boyne Sq / Upper Waterloo Rd / down Prom / Chaine Memorial Rd / Bay Rd / Curran Rd / Glenarm Rd / Victoria Rd / Old Glenarm Rd to club ***JACKIE***</p>
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THURSDAY 18th October 2018

<p>Group 2 Club / Boyne Sq / Upper Waterloo Rd onto Coast Rd, top of Prom DYNAMIC STRETCHES Using Highway to Health signs (1Ks) 4 x 1k (3min recovery) ***EVELYN***</p>	<p>Group 1 Run from Pigeon club up Old Glenarm Rd across Greenland Rd to the bottom of Dunboyne Ave (Right hand side of Rd) DYNAMIC STRETCHES 10 to 12 x 45sec hill reps up Dunboyne Downhill recovery ***DAVY***</p>	<p>Steady Run From Pigeon club up Old Glenarm Rd across Greenland Rd / The Roddens / Upper Cairncastle Rd / Linn Rd to bottom / Dual Carriageway / Victoria Rd / Old Glenarm Rd / Club ***KAY***</p>
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TUESDAY 23rd October 2018

<p>Group 2 Club to Inver DYNAMIC STRETCHES 3 to 4 reps up Inver (Mill Rd) To top of Whitlas Brae Walk down Whitlas Brae recovery ***IAN***</p>	<p>Group 1 Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 8 x 2min up The Roddens Jog back (3mins) recovery ***JACKIE***</p>	<p>Steady Run Club to Inver 2 times up Inver (Mill Rd) to top of Casements Brae Back to club ***BILLY***</p>
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THURSDAY 25th October 2018

<p>Group 2 Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 5 x 2min up The Roddens Jog back (3mins) recovery ***BRIAN***</p>	<p>Group 1 Club to Inver DYNAMIC STRETCHES 4 to 5 times up Inver (Mill Rd) to top of Casements Brae Back to club ***BEVERLEY***</p>	<p>Steady run Club / Boyne Sq / Newtown Ave / Glenarm Rd / Curran Rd / Bay Rd / Tower Rd / Curran Rd / Princess Gardens / Victoria Rd / Old Glenarm Rd / club ***TBC***</p>
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TUESDAY 30th October 2018

<p>Group 2 Club / Greenland Rd down Roddens / laharna Ave to Rudys DYNAMIC STRETCHES Using hill at Rubys 3 x 7 min blocks, continuous up and down 4 mins recovery between blocks ***KAY***</p>	<p>Group 1 Club / Greenland Rd to the Junction with The Roddens (Right hand side) DYNAMIC STRETCHES 10 x Greenland Rd end to end 3min recovery between efforts ***SAMMY***</p>	<p>Steady Run From Pigeon club up Old Glenarm Rd across Greenland Rd / The Roddens / Antiville Rd / Linn Rd / Ballycraigy Rd Seacourt Rd / Seacliff Rd / Old Glenarm Rd / Club ***TBC***</p>
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Thursday 1st November 2018

<p>Group 2 Club / Greenland Rd to the Junction with The Roddens (Right hand side) DYNAMIC STRETCHES 8 x Greenland Rd end to end 3min recovery between efforts ***BILLY***</p>	<p>Group 1 Club / Greenland Rd down Roddens / laharna Ave to Rudys DYNAMIC STRETCHES Using hill at Rubys 3 x10 min blocks, continuous up and down 4 mins recovery between blocks ***BEVERLEY***</p>	<p>Steady Run Club / Old Glenarm Rd / Branch Rd / Coast Rd to Drains Bay carpark. Back to pigeon club same way ***TBC***</p>
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**** PLEASE REMEMBER THAT HI VIS MUST BE WORN AT ALL SESSIONS AS SOME ROUTES ARE ON ROADS****