

November 2018 TRAINING (Pigeon Club)

TUESDAY 6TH November 2018

<p style="text-align: center;">Group 2</p> <p>Run from Pigeon club up Old Glenarm Rd across Greenland Rd to the bottom of Dunboyne Ave (Righth hand side of Rd) DYNAMIC STRETCHES 8 to 10 x 45sec hill reps up Dunboyne Ave Downhill recovery ***KAY***</p>	<p style="text-align: center;">Group 1</p> <p>Run from Pigeon club up Old Glenarm road in Seacliff Rd out Seacourt Rd to bottom of Ballycraigy Rd. DYNAMIC STRETCHES 10 x 1min hill reps up Ballycraigy Rd Jog down recovery but not to start (start further up) Back to Club ***SAMMY***</p>	<p style="text-align: center;">Steady Run</p> <p>From Pigeon club up Old Glenarm Rd across Greenland Rd / The Roddens / Antiville Rd / Linn Rd to top / Ballycraigy Rd Seacourt Rd / Seacliff Rd / Old Glenarm Rd / Club ***IAN***</p>
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THURSDAY 8th Nov 2018

<p style="text-align: center;">Group 2</p> <p>Club / Boyne Sq / Upper Waterloo Rd onto coast (Start beside burnt house on right) (1x 100m, 200m, 300m, 400m) x3 Job back to start after each rep 3min recovery between sets ***BILLY***</p>	<p style="text-align: center;">Group 1</p> <p>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) ***DAVY***</p>	<p style="text-align: center;">Steady run</p> <p>Pigeon club down Old Glenarm Rd across Victoria Rd / Pound Street up Dual Carriageway / Antiville Rd / The Roddens / Victoria Rd / Old Glenarm Rd to club ***EMILY***</p>
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TUESDAY 13th Nov 2018

<p style="text-align: center;">Group 2</p> <p>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) ***IAN***</p>	<p style="text-align: center;">Group 1</p> <p>Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 4 X (30sec, 60sec, 90sec, 2min) Up The Roddens Jog back recovery 3 min recovery between sets ***BOBBY***</p>	<p style="text-align: center;">Steady Run</p> <p>Pigeon club up Old Glenarm Rd / Seacliff Rd / Seacourt Rd up Ballycraigy Rd down Upper Cairncastle Rd / The Roddens to bottom / Victoria Rd / Glenarm Rd / Upper Waterloo Rd / Boyne Sq to Pigeon club ***DAVY***</p>
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THURSDAY 15th Nov 2018

<p style="text-align: center;">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 ***BILLY***</p>	<p style="text-align: center;">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 ***BEVERLEY***</p>	<p style="text-align: center;">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 ***BRIAN***</p>
TUESDAY 20th Nov 2018		
<p style="text-align: center;">Group 2 Club / Victoria Rd / Glenarm Rd to bottom of Chapel Lane DYNAMIC STRETCHES 12 x Chapel Lane hill Jog down recovery Cool down jog back to club ***KAY***</p>	<p style="text-align: center;">Group 1 Club / Boyne Sq / Upper Waterloo Rd onto Coast Rd, top of Prom DYNAMIC STRETCHES Using First Highway to Health signs (1Ks) 6 x 1k 3mins recoveries ***SAMMY***</p>	<p style="text-align: center;">Steady Run Club / Boyne Sq / Upper Waterloo Rd / down Prom / Chaine Memorial Rd / Bay Rd / Curran Rd / Glenarm Rd / Victoria Rd / Roddens / Greenland Rd to club ***BOBBY***</p>
THURSDAY 22th Nov 2018		
<p style="text-align: center;">Group 2 Club / Boyne Sq / Upper Waterloo Rd onto Coast Rd, top of Prom DYNAMIC STRETCHES Using First Highway to Health signs (1Ks) 4 x 1k (3min recovery) ***EMILY***</p>	<p style="text-align: center;">Group 1 Run from Pigeon club up Old Glenarm Rd across Greenland Rd to the bottom of Dunboyne Ave (Righthand side of Rd) DYNAMIC STRETCHES 10 to 12 x 45sec hill reps up Dunboyne Downhill recovery ***DAVY***</p>	<p style="text-align: center;">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 ***BILLY***</p>
TUESDAY 27th Nov 2018		
<p style="text-align: center;">Group 2 Club to Inver</p>	<p style="text-align: center;">Group 1</p>	<p style="text-align: center;">Steady Run Club to Inver</p>

<p>DYNAMIC STRETCHES 3 to 4 reps up Inver (Mill Rd) To top of Casements Brae down recovery ***BRIAN***</p>	<p>Club / Bpyne Sq / Upper waterloo Rd onto Coast Rd (Start beside burnt house on right) (1x 100m, 200m,, 300m 400m) x 4 Jog back recovery and go 3min rec between sets ***SAMMY***</p>	<p>2 times up Inver (Mill Rd) to top of Casements Brae Back to club ***BRIAN***</p>
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THURSDAY 29th Nov 2018

<p align="center">Group 2</p> <p>Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 3 X (30sec, 60sec, 90sec, 2min) Up The Roddens Jog back recovery 3 min recovery between sets ***RUTH***</p>	<p align="center">Group 1</p> <p>Club to Inver DYNAMIC STRETCHES 4 to 5 times up Inver (Mill Rd) to top of Casements Brae Back to club ***BEVERLEY***</p>	<p align="center">Steady run</p> <p>Club / Boyne Sq / Newingtown Ave / Glenarm Rd / Curran Rd / Bay Rd / Tower Rd / Curran Rd / Princess Gardens / Victoria Rd / Roddens / Greenland Rd / club ***Evelyn***</p>
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Tuesday 4th Dec 2018

<p align="center">Group 2</p> <p>Club / Greenland Rd down Roddens / laharna Ave to Rubys DYNAMIC STRETCHES Using hill at Rubys 3 x 7 min blocks, continuous up and down 4 mins recovery between blocks</p>	<p align="center">Group 1</p> <p>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</p>	<p align="center">Steady Run</p> <p>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</p>
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Thursday 6th Dec 2018

<p align="center">Group 2</p> <p>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</p>	<p align="center">Group 1</p> <p>Club / Greenland Rd down Roddens / laharna Ave to Rubys DYNAMIC STRETCHES Using hill at Rubys 3 x min blocks, continuous up and down</p>	<p align="center">Steady Run</p> <p>Club / Old Glenarm Rd / Branch Rd / Coast Rd to Drains Bay carpark. Back same way but cutting over Greenland Rd / Roddens / Laharna Avenue / club</p>
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	4 mins recovery between blocks	
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**** PLEASE ENSURE TO WEAR HI VIS SOME ROUTES ARE ON ROADS****