

January 2019 TRAINING (Pigeon Club)

TUESDAY 8th January 2019

<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 ***BILLY***</p>	<p>Group 1 Run from Pigeon club up Old Glenarm road loop of Seacourt to bottom of hill at The Woods entrance DYNAMIC STRETCHES 10 to 12 x 1min hill reps up hill at Old Glenarm Rd Jog down recovery Back to Club ***DAVY***</p>	<p>Steady Run From Pigeon club up Old Glenarm Rd across Greenland Rd / The Roddens / Antiville Rd / Linn Rd / Ballycraig Rd Seacourt Rd / Seacliff Rd / Old Glenarm Rd / Club ***BRIAN***</p>
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THURSDAY 10th January 2019

<p>Group 2 Club / Boyne Sq / Town park entrance 2 x 2 miles (Old Relay Route) 5 min recovery ***EMILY***</p>	<p>Group 1 Club / Boyne Sq / Town park entrance 2 x 2 miles (Old Relay Route) 5 min recovery ***SAMMY***</p>	<p>Steady run Club / Boyne Sq / Town park entrance 2 x 2 miles (Old Relay Route) 5 min recovery ***AS GROUP1/2***</p>
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TUESDAY 15th January 2019

<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) ***KAY***</p>	<p>Group 1 Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 8 / 10 x 2mins up The Roddens Jog back recovery ***BEVERLEY***</p>	<p>Steady Run Pigeon club up Old Glenarm Rd / Seacliff Rd / Seacourt Rd up Ballycraig Rd down Upper Cairncastle Rd / The Roddens to bottom Victoria Rd / Old Glenarm Rd to Pigeon club ***BILLY***</p>
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THURSDAY 17th January 2019

<p>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 ***MARTY***</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 Club / Old Glenarm Rd / Branch Rd / Coast Rd to Drains Bay carpark. Back to pigeon club same way ***JACKIE***</p>
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TUESDAY 22nd January 2019

<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 ***EMILY***</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 3mins recoveries ***DAVY***</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 ***BILLY***</p>
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THURSDAY 24th January 2019

<p>Group 2 Club / Boyne Sq / Upper Waterloo Rd onto Coast Rd, top of Prom DYNAMIC STRETCHES Using Highway to Health sign (1K) 4 x 1k (3min recovery) ***KAY***</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 ***SAMMY***</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 ***BOBBY***</p>
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TUESDAY 29th January 2019

<p align="center">Group 2 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 ***MARTY***</p>	<p align="center">Group 1 Club / Greenland Rd down Roddens / laharna Ave to Rubys DYNAMIC STRETCHES Using hill at FG Wilson side 3 x 10 min blocks, continuous up and down 4 mins recovery between blocks ***BEVERLEY***</p>	<p align="center">Steady Run Club to Inver 2 times up Inver (Mill Rd) to top of Casements Brae Back to club ***DAVY***</p>
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THURSDAY 31st January 2019

<p align="center">Group 2 Club / Greenland Rd to The Roddens (Right hand side) DYNAMIC STRETCHES 6 x 2min up The Roddens Jog back (3mins) recovery ***JACKIE***</p>	<p 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 ***BRIAN***</p>	<p align="center">Steady run Club / Boyne Sq / Newingtown Ave / Glenarm Rd / Curran Rd / Bay Rd / Tower Rd / Curran Rd / Princess Gardens / Victoria Rd / Old Glenarm Rd / club ***BILLY***</p>
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***** PLEASE ENSURE TO WEAR HI VIS SOME ROUTES ARE ON ROADS*****