

March 2019 TRAINING (Pigeon Club)

TUESDAY 5th March 2019		
<p>Group 2 Club / Upper Waterloo Rd / Promenade to Leisure Centre Using Promenade (400m) 8 or 10 x 400m 2 mins recovery KAY</p>	<p>Group 1 Club / Upper Waterloo Rd / Promenade to Leisure Centre Using Chaine Memorial Rd (400m) 10 or 12 x 400m 2 mins recovery BOBBY</p>	<p>Steady Run Club / Greenland Rd / Down Roddens / Across Pound Street / Up Carriageway to old Highways / Up Linn Rd to top / Killyglen Rd / Upper Cairncastle Rd / Down Roddens / Greenland Rd back to club Approx 5 mile BILLY</p>
THURSDAY 7th March 2019		
<p>Group 2 Club/Greenland Rd/Down Robbens/Acr Club to Inver DYNAMIC STRETCHES 3 to 4 times up Inver Road to top Down Casements Brae recovery oss Pound Street/Up Carriageway to old Highways/Up Linn Rd to top/Killyglen Rd/Upper Cairncastle Rd/Down Roddens/Greenland Rd back to club EMILY</p>	<p>Group 1 Club to Inver DYNAMIC STRETCHES Club/Greenland Rd/Down Roddens/Across Pound Street/Up Carriageway to Old Highways/Up linn rd/Lindara to Killyglen Rd/Down linn Rd/Antiville Rd/The Roddens/Greenland to club Approx 6 miles SAMMY</p>	<p>Steady run Club to Inver 2 times up Inver (Mill Rd) to top of Casements Brae Back to club JACKIE</p>
TUESDAY 12th March 2019		
<p>Group 2 Club / Laharna Avenue / Edward Avenue DYNAMIC STRETCHES 16 x Edward Avenue end to end 1 min recovery between efforts BILLY</p>	<p>Group 1 Club / Greenland Rd (Lift hand side) DYNAMIC STRETCHES 10 x Greenland Rd (400m) 3 min recovery between reps 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 BRIAN</p>
THURSDAY 14th March 2019		
<p>Group 2 Club to Inver DYNAMIC STRETCHES 3 to 4 times up Inver Road to top Down Casements Brae recovery JACKIE</p>	<p>Group 1 Club to Inver DYNAMIC STRETCHES 3 or 4 figure 8 loops of Inver (Up Horseshoe, down Middle Brae, Up Casements Brae, Down Middle Brae = 1 loop) BEVERLEY</p>	<p>Steady Run Club / Old Glenarm Rd / Seacliff Rd / Seacourt Rd / Branch Rd / Coast Rd to Drains Bay carpark. Back to pigeon club same way DAVY</p>
TUESDAY 19th March 2019		
<p>Group 2 Club / Old Glenarm Rd / Greenland Rd to Dunboyne Ave Dynamic Stretches 9 to 11 x 45 sec hill reps up Dunboyne Ave Downhill jog recovery</p>	<p>Group 1 Run from Pigeon club up Old Glenarm road loop of Seacourt to bottom of Ballycraigy Rd DYNAMIC STRETCHES 12 to 14 x 1 min hill reps</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</p>

<p style="text-align: center;">KAY</p>	<p style="text-align: center;">Jog down The Roddens recovery to club Walk down 3min recovery after 6 or 7 reps BOBBY</p>	<p style="text-align: center;">BILLY</p>
<p>THURSDAY 21th March 2019</p>		
<p style="text-align: center;">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) EMILY</p>	<p style="text-align: center;">Group 1 Club / Boyne Sq to Town Park entrance Dynamic Stretches 2 x 2 miles (Glenarm Rd, Curran Rd, Tower Rd, Prom, Glenarm Rd) = 2 miles BEVERLEY</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 / The Roddens / Greenland Rd / Club SAMMY</p>
<p>TUESDAY 26th March 2019</p>		
<p style="text-align: center;">Group 2 Club / Greenland Rd down Roddens / laharna Ave to Rubys DYNAMIC STRETCHES Using hill at Rubys 3 x 8 min blocks, continuous up and down 4 mins recovery between blocks MARTY</p>	<p style="text-align: center;">Group 1 Club / Greenland Rd down Roddens / laharna Ave to Rudys DYNAMIC STRETCHES Using hill at FG Wilson side 3 x 12 min blocks, continuous up and down 4 mins recovery between blocks JACKIE</p>	<p style="text-align: center;">Steady Run Club / Greenland Rd / Down Roddens / Across Pound Street / Up Carriageway to old Highways / Up Linn Rd to Churchill Rd / Upper Cairncastle Rd to Chape I / Ballycraig Rd / Old Glenarm Rd to club DAVY</p>
<p>THURSDAY 28th March 2019</p>		
<p style="text-align: center;">Group 2 Club / Boyne Sq to Town Park entrance Dynamic Stretches 2 x 2 miles (Glenarm Rd, Curran Rd, Tower Rd, Prom, Glenarm Rd) = 2 miles BILLY</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 BRIAN</p>	<p style="text-align: center;">Steady run Club / Boyne Sq / Newingtown Ave / Glenarm Rd / Curran Rd / Bay Rd / Tower Rd / Curran Rd / Princess Gardens / Victoria Rd / The Roddens / Greenland Rd / club</p>

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