



Training Schedules – Tues 30th May 2017 to Thurs 20th July.

Please find below the Training Schedule for the next 8 weeks. We have introduced two new sessions, intervals at Crab Hat Enclosure & hills at Horestone Hill, Dibden Enclosure. As you are aware for the summer season there is weekly track sessions, last Tuesday 32 people took part in the 400m session. Many did not realize, these sessions now fall on Thursdays as well as Tuesdays, enabling all to take part. Hard Training always pays off! The coaches welcome feedback on sessions & ideas for improving them so please let us now if you have any comments or suggestions.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 30 May	Thurs 1 June	Tues 6 June	Thurs 8 June	Tues 13 June	Thurs 15 June	Tues 20 June	Thurs 22 June
Details of Session	Intervals A new session, Details to be confirmed.	Track Continuous 600m effort with 200m recovery Fast : 6 Medium : 5 Steady : 4 Meet by track at 630pm.	Track Mara's Session 3 min: effort 90 sec's rec: 1 min: effort x 3 60sec's rec: 2 sets [2 min] Meet by track at 630pm.	Hilly Circuits Fast : 6 Med : 5 Steady : 4 recovery 1.5 min: Single laps	Timed Efforts 30 sec's 45 sec's 60 sec's Recovery back 60 sec's 75 sec's 90 sec's Between sets 1 to 1.5 min:{ 4] Beginners 2 sets	Track Continuous 600m effort 200m recovery 200 effort 200m recovery Fast : 6 Medium : 5 Steady : 4 Beginners : 2 Meet by track at 630 pm.	Track Continuous 800 m effort 200m recovery Fast : 6 Medium : 5 Steady : 4 Beginners : 2 Meet by track 630pm.	Hilly Circuits Fast : 6 Medium : 5 Steady : 4 Beginners :2 Set distance recovery
Session location	The Horseshoe Crab Hat Enclosure, on the track near the roundup complex.	Hardley School Long Lane, Holbury SO45 2PA	Hardley School Long lane ,Holbury SO45 3PA	Horestone Hill Dibden Enclosure .	Meet at start of Gravel track, field end , that leads to Nokes hill . Dibden Enclosure.	Hardley School, Long Lane. Holbury .So45 3PA	. Hardley School Long Lane Holbury So45 3PA	Marchwood Enclosure Area : the right of the car park. (newer session)
Training Emphasis	Strength Endurance	Speed Endurance	Speed Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Speed Endurance
Coach	Andy	Ian	Andy	Steve	Chris	Ian	Chris	Steve



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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 27 June	Thurs 29 June	Tues 4 July	Thurs 6 July	Tues 11 July	Thurs 13 July	Tues 18 July	Thurs 20 July
Details of Session	<p>Track</p> <p>Meet & Greet</p> <p>Work with a partner. Two efforts per rep. All partnerships to carry out 5 reps & review.</p> <p>Beginners [2 & review]</p> <p>Meet by track at 630 pm</p>	<p>Social Run</p> <p>There will be a leader for each group .The distance will vary for each group .</p> <p>Don't forget the post run drink, go on you deserve it !</p>	<p>Hills</p> <p>45 sec's x 3 60 sec's recovery to start & 60 sec's between sets.</p> <p>[4 sets] Beginners 2 sets This is a long run, to & back from the session.</p>	<p>Track</p> <p>Continuous mixed efforts</p> <p>100m effort 100 m rec: 200m effort 200m rec: 400m effort 400m rec:</p> <p>All groups [3 sets]</p> <p>Beginner's [1]</p>	<p>Track</p> <p>1 km efforts. 200m recovery</p> <p>Fast : 5 Med : 4 Steady : 3 Beginner's: 2</p>	<p>Hilly Short Circuits</p> <p>Two groups</p> <p>Fast / Med: 4 x 5 min's (start)</p> <p>Med: / steady 3 x 5 min's</p> <p>A set distance recovery through wooded area. Beginner's : 2 x 5 min's</p>	<p>Pyramids</p> <p>30,60,90,120 90,60,30 Effort</p> <p>30 sec's Recovery between efforts & 1.5 min: between sets.</p> <p>[2 sets] [beginners 1]</p>	<p>Track</p> <p>Continuous 100 m efforts 100 m recovery</p> <p>Fast : 10 Medium: 9 Steady : 8 Beginner's: 4</p> <p>Meet by track at 630pm.</p>
Session location	Hardley School , Long Lane Holbury So45 3PA	Pig Bush , but further details to follow.	House in the Woods , Beaulieu Rd Please contact Ian to discuss alternatives.	Hardley School , Long Lane ,Holbury So45 2PA Meet by track at 630 pm.	Hardley School Long Lane, Holbury So45 2PA	Big Dipper Dibden Enclosure	Aldermoore field , left at Ipley Cross Roads .	Hardley School Long Lane Holbury So45 2PA
Training Emphasis	Team Spirit	Fun & Friendship	Strength End :	Speed Endurance	Speed End:	Strength End:	Speed End:	Speed End:
Coach	Andy	Ray	Ian	Steve	Chris	Andy	Ian	Steve