



## Training Schedules – Tues 25 July 2017 to Thurs September 14th

As the track session draws to an end on August 17<sup>th</sup>, we finish with a mile time trial. Considering the improvement in members running over the past weeks, there will be some interesting times. Recent sessions which incorporate a longer run out and back have proved popular. Therefore every two weeks we plan to continue the longer routes, varying the distance and terrain. The aim to build endurance by distance for your longer running events and goals, on the other hand a weekly longer run is an invaluable part of a 5K or 10K training plan.

The coaches welcome feedback on sessions and 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 25 July	Thurs 27 July	Tues 1 August	Thurs 3 August	Tues 8 August	Thurs 10	Tues 15 August	Thurs 17 August
<b>Details of Session</b>	Hills: Figure of 8 Fast: 3 x 3 Circuits Med: 3 x 2.5 Circuits Steady: 3 x 2 Circuits  2 min recovery walk up track	Social Run  There will be a leader for each group. Distance will vary for each group. Don't forget the post run drink.	Hilly Circuits  Fast: 6 Med: 5 Steady: 4 Beg: 3  Distance Recovery to predefined point The circuit will start & finish at the bridge.	Track <b>1.</b> 3.5 min: effort 90 sec; recovery <b>2.</b> 1.5 min: effort x 3 60 sec: recovery 2 sets ( 2 min; ® ) Beg: 1 set.	Track Meeting with Netley Abbey Runners starts at 7pm.  Everyone Welcome 7 pm start.  To finish Home Made Cakes!	Undulating circuits  A separate course for each group.  All groups 5 efforts Beg:2  A set distance recovery on LH sandy track.	Kenyan Hills  4 Increments ( cones ) A set distance recovery  Fast : 6 Med: and Steady : 5 Beg: 3	Track Last Track session 1 mile Time Trial.  200m x 100m Fast : 5 Med & Steady 4 Beg: 3
<b>Session location</b>	Ipley Crossroads in Marchwood Inclosure	Venue to be confirmed & the person leading the session.	Dibden Inclosure start at the bridge which leads up to Nokes Hill. <b>Meet at Applemore.</b>	Meet at 630 Hardley School. Long Lane , Holbury SO45 2PA	Meet at 7pm Hardley School Long lane , Holbury SO45 2PA.	The Centre of Marchwood Enclosure (sandy track)	"Tyroll area" in Dibden Inclosure. Wide path in the tree plantation adjacent to Horestone Hill	Meet at 630 Hardley School, Long lane , Holbury SO45 2PA.
<b>Training Emphasis</b>	<b>Strength Endurance</b>	<b>Fun &amp; Friendship</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>	<b>Speed Endurance</b>	<b>Strength Endurance</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>
<b>Coach</b>	Chris	T B A	Andy	Ian	Chris / Ian	Steve	Chris	Ian



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1.Mesocycle	Week 1		Week 2		Week 3.		Week 8.	
Days	Tues August 22	Thurs 24 August	Tues 29 August	Thurs 31 August	Tues Sept: 5	Thurs 7 Sept:	Tues 12 Sept:	Thurs 14 Sept:
<b>Details of Session</b>	<p>A Continuous Hilly Circuits.</p> <p>Fast : 5 Med: 5 / 4 Steady : 4 Beg: 2</p> <p>Recovery on the downhill section.</p> <p>This is a long run out; please contact the coach taking the session to discuss an alternative option.</p>	<p>Pyramids lifting the pace on final stretch</p> <p>Fast: 1 2 3 4 4 3 2 1 Med : 1 2 3 4 3 2 1 Steady: 1 2 3 3 2 1 ( Beg) A set distance recovery</p>	<p>Undulating Circuits</p> <p>3 individual circuits.</p> <p>A set distance recovery down gravel track.</p> <p>All groups : 5 Beg: 3</p>	<p>800 Metre Efforts.</p> <p>With a set distance recovery</p> <p>Fast : 6 Med : 5 Steady : 5 Beg:3 laps</p>	<p>Timed efforts With a Long Run out &amp; back. 30 , 45, 60 (E) 45, 60, 70 return. 4 sets x 45 sec: ®</p> <p>For a short run consider parking in Northgate car park, but please contact the coach taking the session. Beg: 3</p>	<p>Hilly Circuits</p> <p>Circuit around the switch backs ( 1 mile )</p> <p>Fast : 5 Med : 4 Steady :3 Beg: 2</p> <p>Set distance recovery</p>	<p>Intervals</p> <p>2 circuits = 1 effort.</p> <p>Fast : 5 Med :4 Steady &amp; Beg :3</p> <p>Marked distance recovery.</p>	<p>Undulating Circuits</p> <p>Fast : 6 Med: 5 Steady : 4 Beg: 3</p> <p>Marked distance recovery.</p>
<b>Session location</b>	The Horse Shoe , Crab Hat Enclosure, the track in line with the roundup corral. Next to kingshat enclosure .	Dibden Enclosure by the Rope Swing. For a shorter run out consider parking at Dibden Enclosure car park, but please contact the coach taking this session.	Marchwood Enclosure Ipley Cross Roads (end) .	"5 Ways" Dibden Inclosure. This is southwest of the main carpark & relates to the point where 5 tracks cross each other	Gurnetfields on the O/S map. Also know as the Potato field. Beaulieu Road	Switch Back in Dibden Inclosure (turn right at top of Horestone Hill	The Oblong Fawley Enclosure. For a shorter run out consider parking at Dibden Enclosure , but please contact the coach taking the session.	. Marchwood Enclosure  To the right side of the car park, near the cottage.
<b>Training Emphasis</b>	Speed Strength Endurance	Fun & Friendship	Strength Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
<b>Coach</b>	Andy	Chris	Steve	Ian	Andy	Chris	Steve	Ian