



Training Schedules (Tuesday September 19th - Thursday November 9th).

Please find below the Training Schedule for the next 8 weeks

The coaches welcome feedback on sessions and ideas for improving them so please let us now if you have any comments or suggestions. Following such feedback, we have introduced two consecutive sessions with the objective of demonstrating ‘Downhill Running Technique’.

Every few weeks we also plan to incorporate a longer than normal run out to the session.

Please remember high viz clothing is compulsory for all training sessions in the autumn / winter months.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 19 September	Thurs 21 September	Tues 26 September	Thurs 28 September	Tues 3 October	Thurs 5 October	Tues 10 October	Thurs 12 October
Details of Session	Hilly Circuits Fast: 6 Med: 5 Steady: 4 Distance Recovery to predefined point The circuit will start & finish at the bridge.	Social Run from Exbury Social Club (SO45 1AH) Meet @ 6:15pm for a steady run lasting about 1 hour (dependent on available light) Club open to runners for post –run drink	Hilly Circuits Fast: 8 Med: 7 Steady: 6 Timed Recovery 1.5 minutes. Start will be on Southampton Road	Pyramids Fast: 123454321 Med: 12344321 Steady: 1234321 Recovery Set Distance	5k Time Trial No: 1 (Winter) A set course (approx: 5k) These results (& previous results) will be recorded on the H.R website.	Hilly Circuits Single Lap Fast: 6 Med: 5 Steady: 4 Distance Recovery to Junction will Mullins Lane	Kenyan Hills 5 increments Fast : 5 Medium : 4 Steady : 3 Distance Recovery along Dale Valley Road	Fartlek Session Dividing into small groups each with a leader. All groups running continually with frequent efforts for 1 to 1.25 hrs.
Session location	“Nokes Hill” in Dibden Inclosure.	Exbury Social Club SO45 1AH	Mountfield, Southampton Road, Hythe	Wellington Close, Dibden Purlieu	Lime Walk & Noads Way junction. The start will be in Noads Way.	The Wicket, off Upper Mullins Lane, Hythe.	Malwood Road West, Hythe.	Meet (& start at) Applemore Recreation Centre.
Training Emphasis	Strength Endurance	Social Run Fun and Friendship	Strength Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Strength Endurance
Coach	Chris	Ray	Ian	Chris	Steve/Ian	Steve	Chris	All Coaches

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 17 October	Thurs 19 October	Tues 24 October	Thurs 26 October	Tues 31 October	Thurs 2 November	Tues 7 November	Thurs 9 November
Details of Session	Downhill Running Session devoted to improving our 'Downhill Running Technique' Will include a longer than normal run out	Downhill Running Double loop of the circuit Use technique gained from prev session for downhill section Fast: 5 Medium:4 Steady: 3	"Figure of 8 Circuit " Fast: 6 Medium: 5 Steady : 4 Change of pace from 10k to 5k. Set distance recovery between efforts.	Hilly Circuits Fast: 5 Medium:4 Steady: 3 Distance Recovery around the horseshoe. Aim for consistent loop times	Efforts 800m continuous efforts, recovery back to start in North Road. Fast: 5 Medium: 4 Steady: 3	1-mile Hilly Circuit Fast: 5 Medium: 4 Steady: 3 Distance Recovery	Fartlek Session Dividing into small groups each with a leader. All groups running continually with frequent efforts for 1 to 1.25 hrs.	Hilly Circuits Fast: 6 Med: 5 Steady: 4 Distance Recovery to Hawthorn Road
Session location	Malwood Road West, Hythe.	Malwood Road West/Roberts Rd/Hollybank Rd. Meet near Shipmates	Beverley Road / Heatherstone Avenue	Partridge Road / Dukeswood Drive, Hythe.	Noads Way / Lime Walk	Holly Bank Crescent, Hythe (fish & chip shop)	Meet (& start at) Applemore Recreation Centre.	Lanehayes and Sycamore Rd, Hythe
Training Emphasis	Improve Technique	Improve Technique	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Speed & Strength Endurance.	Strength Endurance.
Coach	Chris/Mick Anglim	Ian	Steve	Andy	Chris	Steve	All Coaches	Andy