



Training Schedules – Tues 14 Nov 2017 to Thurs 11 Jan 2017

Please see below the training schedule for the next 8 weeks. As you can see due to popular demand we are repeating the 800m efforts in Lime Walk (16th Nov). The Fartlek sessions will continue during the winter training period, these cater for all running speeds. Finally on December 19th will be hosting a special Christmas Social Run, which of course will end with mulled wine (or beer) & mince pies. The coaches would like to thank you all for your support throughout the year & wish you a very Happy Christmas & New Year & look forward to seeing you in the New Year. Please remember High Viz is compulsory for ALL training sessions during the winter months.

1. Mesocycle (4 weeks)	Week 1		Week 2		Week 3		Week 4	
Days	Tues 14 th November	Thurs 16 th November	Tues 21 st November	Thurs 23 rd November	Tues 28 th November	Thurs 30 th November	Tues 5 th December	Thurs 7 th December
Details of session	Hills 3 x 45 secs=1 set. 60 secs recovery. Everyone 4 sets. 1.5 min recovery between sets. Long run out	800m Circuits 800m Continuous circuits Fast x 5 Medium x 4 Steady x 3 Recovery along North Road.	Hilly Circuits Fast x 4 Medium x 3 Steady x 2 Recovery around the loop (Head torches) Long run out	Fartlek session Dividing into small groups each with a leader. Course to organised by the group leader.	Hilly Circuits Double circuits Fast x 6 Medium x 5 Steady x 4 Distance recovery	Single Circuit Efforts Fast x 8 Medium x 7 Steady x 6 Recovery 45 secs Long run out	Hills 5 minute efforts x 4 Recovery 1.5-2 mins.	Pyramids Fast-123454321 Med-12344321 Steady-1234321 Distance recovery
Session location	Roseberry Ave, Hythe	Noads Way, Lime Walk.D Purlieu	Longdown Estate,Hythe	Meet & start at Applemore	The Wicket/Overbrook,	Scott Paine Drive, Hythe	Roman Road, Dibden	Wellington Close, Dibden Purlieu
Training emphasis	Strength Endurance	Speed Endurance	Strength Endurance.	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance.	Speed Endurance
Coach	Steve	Andy	Steve	All coaches	Andy	Chris	Ian	Steve



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2. Mesocycle (4 weeks)	Week 1		Week 2		Week 3		Week 4	
Days	Tues 12 th December	Thurs 14 th December	Tues 19 th December	Thurs 21 st December	Tues 2 nd January	Thurs 4 th January	Tues 9 th January	Thurs 11 th January
Details of session	Hilly circuits "Figure of 8's" Distance recovery Emphasis on Downhill Running. Sets Fast x 5 to 6 Medium X 5 Steady x 4	Fartlek Session Dividing into small groups each with a leader. Course to be organised by the group leader.	Xmas Social Run Head torches to be worn	Long Circuits Fast x 5 Medium x 4 Steady x 3 60 secs recovery	Hilly Circuits Fast x 8 Medium x 7 Steady x 6 60 secs recovery between circuits	Long Circuits Fast x 5 Medium x 4 Steady x 3 Recovery around the Horseshoe. Long run out	Fartlek Session Dividing into small groups each with a leader. Course to be organised by the group leader.	Kenyon Hills 4 increments (lights) Fast x 5 Medium x 4 Steady x 3 Recovery 1.5 mins between sets
Session location	Hollybank Road, Hillview Road, Ferry Road, Fairway Road, Dale Road, Hythe	Meet & start at Applemore Recreation Centre	Denny Wood	Water Lane, Lime Walk, Noads Way	Mountfield, Hythe	Butts Ash Lane, Dibden Purlieu	Meet & start at Applemore Recreation Centre	Malwood Road West, Hythe
Training emphasis	Strength Endurance	Strength Endurance	Fun	Strength Endurance	Strength Endurance	Strength Endurance	Strength Endurance	Strength Endurance
Coach	Andy	All coaches	Ray Noke	Chris	Ian	Steve	All coaches	Andy