



Hardley Runners Training Schedules (Tuesday January 16th - Thursday March 8th).

Please find below the Training Schedule for the next 8 weeks

As your aware we are a little short of hills to use for road training sessions, therefore on Feb 1st we return to Nash Road. Noadswood School have confirmed there is no parents meeting that evening - so traffic should be at a minimum in Nash Road.

On February 22nd we have planned a second Winter Time Trial

The coaches welcome feedback on sessions and ideas for improving them so please let us now if you have any comments or suggestions.

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 16 January	Thurs 18 January	Tues 23 January	Thurs 25 January	Tues 30 January	Thurs 1 February	Tues 6 February	Thurs 8 February
Details of Session	Continuous Efforts 400m, 400m recovery back to start 200m, 200m recovery back to start = 1Set Fast: 6 Med: 5 Steady: 4	Hilly Circuits Fast: 5 Medium:4 Steady: 3 Distance Recovery around the horseshoe. Aim for consistent loop times	"Figure of 8 Circuit " Fast: 6 Medium: 5 Steady: 4 Change of pace from 10k to 5k. Recovery: Set distance	Continuous Hills 4 x 5min sets Start half way up hill and practice running up and over the hill to the left turn. Turn around and run back to start again pushing the hill segment. Recovery: 1-1.5 mins between sets	Single Circuit Efforts Fast: 7 Med: 6 Steady: 5 Distance Recovery Long run out > 2 miles. Alternative parking in Waitrose car park	Hills Increased efforts between 4 lampposts. Up and down 4 times = 1 set Fast: 5 sets Med: 4 sets Steady: 3 sets Recovery around Roman Way	Pyramids Fast: 123454321 Med: 12344321 Steady: 1234321 Recovery: Set Distance	Hills 3 x 45 secs = 1 set. 60 secs recovery between sets All groups 4 sets with 1.5 min recovery between sets Long run out
Session location	Noads Way. Start at beginning of Noads Way.	Partridge Road / Dukeswood Drive, Hythe.	Beverley Road / Heatherstone Avenue	Mountfield	Scott Paine Drive, Hythe.	Nash Road	Wellington Close, Dibden Purlieu	Roseberry Avenue, Hythe
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Ian	Steve	Andy	Chris	Steve	Ian	Andy	Chris



1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 13 February	Thurs 15 February	Tues 20 February	Thurs 22 February	Tues 27 February	Thurs 1 March	Tues 6 March	Thurs 8 March
Details of Session	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 Start & Finish at Hawthorns Rd. Distance Recovery along Hawthorn Road	5k Time Trial No: 2 (Winter) A set course (approx: 5k) These results (& previous results) will be recorded on the H.R website.	Hilly Double Circuit Fast: 5 Med: 4 Steady: 3 Timed Recovery 60 secs Start will be on Southampton Road	800m Continuous Efforts Fast: 6 Medium: 5 Steady: 4 Recovery along North Road	Hilly Circuits "Figure of 8's" Fast: 6 Medium: 5 Steady: 4 Distance Recovery (Hollybank road, hillview road, ferry road, fairway road, dale road)	Single Lap Circuits Fast: 8 Med: 7 Steady: 6 Start at 2 nd barrier and finish at entrance to the wicket. Recovery: walk to start point.
Session location	Holly Bank Crescent, Hythe (fish & chip shop)	Meet & start at Applemore Recreation Centre.	Lanehayes and Sycamore Rd, Hythe	Lime Walk & Noads Way junction. The start will be in Noads Way.	Mountfield	Noads Way/Lime Walk Start at beginning of Noads Way.	Holly Bank Crescent, Hythe (fish & chip shop)	The Wicket, off Upper Mullins Lane, Hythe.
Training Emphasis	Speed Endurance	Strength Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Speed & Strength Endurance.	Speed Endurance.
Coach	Ian	All Coaches	Steve	Andy/Steve	Ian	Steve	Andy	Chris