



## Training Schedules – 13 and 15 March 2018

3. Mesocycle	Week 1	
Days	Tuesday 13 <sup>th</sup> March	Thursday 15 <sup>th</sup> March
<b>Details of Session</b>	<p>Fartlek Session</p> <p>Dividing in small groups each with a leader.</p> <p>The course will be organized by a Group leader.</p> <p>Distances vary for each group from 6 to 8 miles usually.</p>	<p>Efforts</p> <p>Fast: 6 Medium: 5 Steady: 4</p> <p>Distance recovery off the main circuit</p> <p><b>Please bring along a Head Torch or Torch, there is a particularly dark alley way at one point on this course.</b></p>
<b>Session Location</b>	Meet & start at Applemore Recreation Centre.	Cosworth / Challenger Close, just off Challenger Way, Hythe.
<b>Training Emphasis</b>	Strength and Speed Endurance.	Speed Endurance.
<b>Coach</b>	All coaches.	Chris

Training Schedule Tuesday March 13<sup>th</sup> and Thursday March 15<sup>th</sup> 2018.

**Lastly please remember to wear High Viz**

**Hardley Runners**