

**Hardley Runners Training Schedule for Tuesdays only from August 11<sup>th</sup> to September 17<sup>th</sup>**

**Please see alternative chart for Thursday's Sessions. All twice weekly sessions are balanced to achieve a structured training plan.**

**High Viz is compulsory for all Autumn & Winter training, you may need to wear for the last few September Sessions – Thank you !**

**Please find below the Training Schedule for the next 6 weeks.**

<b>1.Mesocycle</b>	<b>Week 1.</b>		<b>Week 2.</b>		<b>Week 3.</b>		<b>Week 4.</b>	
<b>Days</b>	<b>Tues 11<sup>th</sup> August</b>		<b>Tues 18<sup>th</sup> August</b>		<b>Tues 25<sup>th</sup> August</b>		<b>Tues 1<sup>st</sup> September</b>	
<b>Details of Session</b>	Hilly Circuits  Fast: 6 Med: 5 Steady :4  Recovery: 1.5 min's to 2min's.  Single laps	Hilly Circuits  F/M 4 x 5 min's  M/S 3 x 5 min's  Recovery: easy jog around forest path	800 m Efforts  Fast: 6 Med: 5 Steady :4  Recovery: set distance	Intervals  Fast: 5 Med: 4 Steady:3  2 efforts=1 set  Apply effort on the long straits & [R] on the shorter. Recovery: 2 min's between sets.	Hill Efforts  45 sec's x 4 in 1 set [3]  Recovery downhill to start in 1 to 1.50 min:  Recovery 1.5 to 2 min's between sets.	Continuous Hills  Fast: 6 Med:5 Steady :4  Recovery downhill & along the flat for the newer runner.	Efforts  30 sec's 40 sec's : 1 set 60 sec's  Recovery easy jog to start.  Fast/Med: 4 Med/Steady: 3  Recovery 2 min's between sets.  A Tough Session: run on sand, reason for 2 groups.	<u>Efforts</u>  30 sec's return: 60  40 sec's return 80  30 sec's return:60 x 1 set [ 4 ]  Recovery 1.5 to 2 min's between sets.
<b>Session location</b>	Horestone Hill Dibden Enclosure	Big Dipper Dibden Enclosure	5 Ways, Dibden Enclosure	The Oblong Fawley Enclosure	The Hill, at the top you will find the lonely pine ! Kings Hat Enclosure	The Horseshoe Crab Hat Enclosure	Sandy Track (Gallop) Dibden Enclosure	Start by position of old Blue Rope Swing, Fawley Enclosure
<b>Training Emphasis</b>	<b>Strength Endurance</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>Speed Endurance</b>
<b>Coach</b>	Chris & Steve		Andy & Ian		Simon & Chris		Steve & Ian	

2.Mesocycle	Week 5.		Week 6.					
Days	Tues: September 8 <sup>th</sup>		Tues September 15 <sup>th</sup>					
<b>Details of Session</b>	<p>Working in pairs (similar running speeds)</p> <p>Each person takes the lead &amp; sets the running pace for 1 circuit. For the last 50m pick up the pace!</p> <p>Each runner leads for 3 circuits</p>	<p>Working in Pairs (similar running speeds)</p> <p>Each person takes the lead &amp; sets the running pace for 1 circuit. For the last 50m pick up the pace.</p> <p>Each runner leads for 3 circuits.</p>	<p>Kenyan Hills</p> <p>4 increments: 1 set</p> <p>Fast: 5 Med: 4 Steady:4/3</p> <p>Set distance recovery</p>	<p>Hilly Circuits</p> <p>Fast: 6 Med: 5 Steady: 4/3</p> <p>Set distance recovery</p> <p>sharp decent!</p>	<p><b>Sadly, we have reached the end of Summer Time. The Following Sessions will be road running!</b></p> <p><b>But don't despair we have many Dynamic Sessions coming your way!</b></p> <p><b>Don't forget the High Viz</b></p>			
<b>Session location</b>	Long stretch parallel to Long field Fawley Enclosure	? use 5 Ways or Long field parallel to main road , Dibden Enclosure	The Tyroll Dibden Enclosure	Nokes Hill Dibden Enclosure				
<b>Training Emphasis</b>	<b>Speed Endurance</b>	<b>Speed Endurance</b>	<b>Strength Endurance</b>	<b>Strength Endurance</b>				
<b>Coach</b>	Chris & Simon		Ian & Andy					