



Training Schedule Tuesday September 22nd to Tuesday November 10th 2020

Please find below the next 8 weeks of structured Training Sessions that will take place on **Tuesday evenings**, starting at 6:30pm & meeting at Applemore Recreation Centre.

To allow training to continue a Covid-19 Secure environment must be in place, meeting the guidelines that are set by England Athletics.

Please, take time to read the Risk Assessment on the Hardley Runners Website - Training Page.

I am pleased to say Andy Mansfield will be joining the coaching team! So please make him welcome.

The coaches welcome feedback on sessions & ideas for improving them so please let have your Comments

Please note High Viz is compulsory in the Autumn & Winter months.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tuesday 1 Sept 22	Tuesday 2 Sept 22	Tuesday 1 Sept 29	Tuesday 2 Sept 29	Tuesday 1 Oct 06	Tuesday 2 Oct 06	Tuesday 1 Oct 13	Tuesday 2 Oct 13
Details of Session	Using 4 Lampposts increase efforts between each. After 4 th Lamppost take Recovery Loop Around Roman Way F = 5 M = 4 S = 3	Using 4 Cones, placed on the hill, Increase effort between each cone. Return to start and take distance Recovery	A pyramid Session around Wellington Close F = 1,2,3,4,5,4,3,2,1 M = 1,2,3,4,4,3,2,1 S = 1,2,3,4,3,2,1 Distance Recovery	A Pyramid Session at a new location F = 1,2,3,4,5,4,3,2,1 M = 1,2,3,4,4,3,2,1 S = 1,2,3,4,3,2,1 Distance Recovery to be determined	Hilly Circuits Hollybank, Solent Drive, Dale Road, Ferry Rd F = 5 Reps M = 4 Reps S = 3 Reps Distance Recovery	Hilly Circuits Lanehays Sycamore F = 5 M = 4 S = 3 Distance Recovery	Figure '8' efforts Heatherstone/ Beverley Rd F = 5 M = 4 S = 3 Distance Recovery	Figure '8' of North Rd, Noads Way, Peartree, Water Lane, Lime Walk F = 4 M = 3 S = 2 Distance Recovery
location	Nash Road	Malwood Road West	Wellington Close	Heatherstone Ave, Crete, And Corbold Road	Opposite Hollybank Chippy	The Junction of Hawthorn rd and Sycamore Rd	at the junction of Heatherstone/ Corbold	at junction of North Rd and Noads Way
Training Emphasis	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance
	Andy S/Andy M		Chris/Ian		Steve/Simon		Chris /Andy M	Chris



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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tuesday 1 Oct 20	Tuesday 2 Oct 20	Tuesday 1 Oct 27	Tuesday 2 Oct 27	Tuesday 1 Nov 3	Tuesday 2 Nov 3	Tuesday Nov 10	Tuesday Nov 10
Details of Session	Hilly Circuits Using the following Route Ferry Rd, Dale Rd, Malwood Rd, Roberts Rd, Hollybank Rd, Hollybank Cres	Hilly Circuits Dukewood Drive And Partridge Road F = 5 Repts M = 4 Repts S = 3 Repts Recovery around Horseshoe	Timed Efforts Along Butts Ash Ave, Butts Ash Lane PLEASE USE HEAD/HAND TORCHES 30 secs Effort 60 secs jog returning Recovery 4 Repts = 1 Set 1.5 – 2mins Recovery between Sets All groups 3 Sets	'Right Side' of the Marina Start by the "Mine" Fast Efforts 30 secs Effort 60 secs jog returning Recovery 4 Repts = 1 Set 1.5 – 2mins Recovery between Sets All groups 3 Sets	Hilly Circuits At the "Wicket" F = 6 M = 5 M = 4 Distance Recovery	Hilly Circuits Mountfield single Circuits F = 10 M = 9 S = 8 Distance Recovery	Efforts Lime Walk, Noads Way, Peartree, Water Lane Circuits F = 5 Long circuits M = 3 Long, 2 short circuits S = 1 Long 3 short circuits Distance Recovery	Efforts Heathersone Ave, Beverley Rd Recovery around the Horseshoe F = 5 M = 4 S = 3
Session location	Hollybank Chippy	on the green at the top of Partridge Rd	at Horseshoe at top of Partridge Rd	at the Mine, on the RHS of the Marina	at the junction of The Wicket and Overbrook	at Bollards at end of Mountfield	at junction of Lime Walk and Noads Way.	Horseshoe top of Partridge Rd
Training Emphasis	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance
Coach	Andy S/Simon		Ian/Steve		Chris/Simon		Andy S/Andy M	