



Training Schedules – Tues Sept 28th to Thurs Nov 18th 2021

Please find the Training Schedule for the next 8 weeks. Please meet at Applemore Recreation Centre along the top area of the car park. We believe this is the first Autumn & Winter Training Sessions as a large group since 2019. As you see there is a wide variety of training sessions which we hope you will enjoy! We always welcome your feedback from these sessions & your ideas for improving them.

Keep Running & Training, The Coaches!

Please remember to wear High Viz to all the Autumn and Winter Training Sessions! High Viz Vests for sale at £4 to £5 discuss with the Coaches.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tuesday Sept: 28 th	Thurs: Sept: 30 th	Tuesday Oct:5 th	Thursday Oct 7 th	Tuesday Oct: 12 th	Thurs Oct:14 th	Tues Oct:19 th	Thurs Oct:21 st
Details of Session	1 Mile Hilly Circuits Fast :5 Medium: 4 Steady: 3 Distance Recovery	800 M Continuous Efforts F – 6 M – 5 S – 4 Recovery from Lime Close to start.	Hills 3 x 5 min's [R] back to start 90sec to 2 min: [R] between sets	Pyramids F: 1 2 3 4 4 3 2 1 M: 1 2 3 4 3 2 1 S:1 2 3 3 2 1 Distance Recovery after each effort.	Hills 40 sec's x 4 Recovery return to start 75 sec's. 90 sec's between each set [3 sets]	"Figure of 8 " with change of pace F – 6 M – 5 S – 4 Distance Recovery Beverley road	"Increasing the Pace Up – Hill " Using 4 markers (3 lamp posts & stopping at T-junction) 4 x 1 set [R] back to start (on pavement) Fast: 5 Med: 4 Steady:3 Timed [R] 90 sec's.	'Meet & Greet" Working with a partner. Each pair to complete 5 sets. Recovery 90 seconds.
Session location	The Fish & Chip Shop, Holly bank Crescent, Hythe.	Lime Walk, North Road, Noads Way Circuit. Dibden Purlieu	Roman Road, Hythe.	Wellington Close, Dibden Purlieu	Malwood Road West, Dale Road (end) Hollybank, Hythe.	Heatherstone Rd Armitage Ave: Crete Road & Corbould Rd. Hythe	The Vale (opposite Midway) Overbrook, Hollybank Estate, Hythe.	Lime Walk, North Road & Noads Way Circuit. Dibden Purlieu.
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance
Coach	Simon / Chris	Ian / Paul	Andy / Steve	Callum / Chris	Chris / Andy M	Steve / Callum	Andy M / Ian	Karen / Simon



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2.Mesocycle	Week 1		Week 2		Week 3		Week 4	
Days	Tues Oct 26th	Thurs Oct 28th	Tues Nov:2nd	Thurs Nov 4th	Tues Nov: 9th	Thurs Nov:11th	Tues Nov: 16th	Thurs Nov: 18th
Details of Session	Time Trial 5k These results (& previous results) will be recorded on the H.R website. N.B the start will be in Noads Way.	Shorter Hilly Circuits (0.4 mile) Fast: 6 Med: 5 Steady: 4 Distance Recovery	Efforts 30 sec x 4 1 set [R] 60 sec return. 4 sets Between sets 90 sec to 2 min:	Kenyan Hills 4 to 5 Increments on the Hill. [R] on the downhill. Distance Recovery between sets Fast: 6 Med: 5 Steady : 4	Longer Efforts (0.8 m) Fast: 5 Med: 4 Steady: 3 Start at the Horseshoe & [R] around the Horseshoe. Longer run out please contact coach for alternative.	"Double Hilly Circuits" (0.6 m) Distance Recovery F: 6 M: 5 S : 4	Fartlek Session Dividing into small groups. Each group has a Leader. Distance will vary in each group 5 to 7 miles.	Hilly Circuits Fast: 5 Med: 4 Steady: 3 Longer run out please contact coach for alternative [R] around the horseshoe
Session location	Noads Way, Peartree Rd, Water Lane & North Rd Circuit. D.	The Wicket Overbrook, Holly bank, Hythe.	Hythe Marina Hythe "Right side"	Malwood Rd West, Hythe. Start at Dale	Heatherstone Ave: Arnwood Road & Beverley Rd Hythe.	Mountfield, Southampton Road, Hythe	Start at Apple more Recreation Centre.	Partridge Road, Dukeswood Drive Heatherstone Road, Hythe
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance.	Strength Endurance
Coach	Andy S / Chris	Ian / Paul	Simon / Andy M	Callum / Chris	Steve / Ian	Chris / Paul	Most coaches (no Karen or Steve)	Karen / Steve