

Hardley Runners

Training Schedules – Tues Nov 23rd 2021 to Thurs Jan 13th 2022

Please find below the Training Schedule for the next 8 weeks. Please meet at Applemore Recreation Centre along the top area of the car park. **Please note that on 2nd December there will be another 5K time-trial – find out how you're progressing!** **HIGH VIZ must be worn to all 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	Tues 23 Nov	Thurs 25 Nov	Tues 30 Nov	Thurs 2 Dec	Tues 7 Dec	Thurs 9 Dec	Tues 14 Dec	Thurs 16 Dec
Details of Session	Continuous Hilly Circuits F/M: 5 M/S: 4 Active recovery as return to the start.	Short Circuits HEAD TORCH RECOMMENDED Fast: 6 Medium: 5 Steady: 4 Distance recovery: set distance in Cosworth Drive	Hilly Circuits F: 6 M: 5 S: 4 Distance recovery	Time Trial 5k These results (& previous results) will be recorded on the H.R website. NB: the start will be in Noads Way.	"Figure of 8 " F: 6 M: 5 S: 4 Distance recovery by the shops	Winding Fast Flat Efforts. Single / Double Circuits F: 3 doubles & 2 singles M: 2 doubles & 3 singles S: 2 doubles & 2 singles [R] 1.5 min's.	Hills 5 mins on each of the 3 hills: 2 min distance recovery from Sycamore to Lanehays Rd and back	Pyramids F: 1,2,3,4,3,2,1 M: 1,2,3,3,2,1 S: 1,2,3,2,1 Distance recovery after each effort. This session might change to the Tinsel Run (T.B.C.)
Session location	Bottom of Rosebury Avenue, Hythe PLEASE NOTE: LONG RUN OUT CONTACT COACH FOR ALTERNATIVE	Junction of Cosworth Drive & Challenger Way, Hythe	The junction of Lanehays and Sycamore Road. Hollybank, Hythe	Noads Way, Peartree Rd, Water Lane & North Rd circuit, Dibden Purlieu	Fish & Chip Shop, Hollybank Crescent, Hythe	Start by Water Edge in Scotts Payne Drive, Shore Road, Hythe PLEASE NOTE: LONG RUN OUT CONTACT COACH FOR ALTERNATIVE	Where Laurel Close, Sycamore Rd and Hawthorn Rd meet. Hythe	Langdown Rd / Hobart Drive, Hythe
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance
Coach	Steve / Ian	Callum / Chris	Ian / Karen	Chris / Simon	Karen / Steve	Steve / Paul	Callum / Simon	Ian / Chris

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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 21 Dec	Thurs 23 Dec	Tues 28 Dec	Thurs 30 Dec	Tues 4 Jan	Thurs 6 Jan	Tues 11 Jan	Thurs 13 Jan
Details of Session	"Figure of 8" with change of pace (10km / 5km pace) F: 6 M: 5 S: 4 Distance recovery	Training break for the Christmas period Merry Christmas and Happy New Year to everyone from all the Coaches & Run Leaders!			Efforts 30 sec x 4 = 1 set [R] 60 sec return All: 4 sets 90 sec to 2 min recovery between sets	Single Circuit efforts of "Mountfield" Recovery taken on the walkway between the finish of one circuit and the start of the next. F: 10 M: 8 S: 6	1 mile efforts F: 4 M: 2 S: 2 Distance recovery 2 min	"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) F: 5 M: 4 S: 3 Timed [R]
Session location	Heatherstone Rd, Arnwood Ave, Beverley Rd, Heatherstone Rd, Armitage Ave, Crete Rd, Corbould Rd, Hythe				North Rd/Lime Walk, Dibden Purlieu Efforts start from the Lime Close junction to the corner of Lime Walk.	Mountfield off Southampton Rd, Hythe	Hobart Rd, Hythe (on the Langdown Estate)	The Vale (opposite Midway) Overbrook, Hollybank Estate, Hythe.
Training Emphasis	Speed Endurance				Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Simon / Callum				Chris / Ian	Karen / Paul	Steve / Simon	Callum / Chris