

Hardley Runners

Training Schedule – Tues May 10th to Thurs June 30th 2022

Please find below the training schedule for the next 8 weeks. The Track sessions are now underway & we are pleased to see so many runners taking part. We aim to provide a variety of sessions to support everyone's individual training plans. Please note there will be a **Timed 1 Mile on May 24th**. The **Monthly Social Run** led by Adrian has been reintroduced, providing various distances & a chance for all runners to run in different areas of our forest. The Coaches & Run Leaders welcome feedback & ideas to improve sessions, Many Thanks!

Mesocycle 1	Week 1		Week 2		Week 3		Week 4	
Days	Tues May 10 th	Thurs May 12 th	Tues May 17 th	Thurs May 19 th	Tues May 24 th	Thurs May 26 th	Tues May 31 st	Thus June 2 nd
Details of Session	Social Run Running about 5 to 7 miles. There will be various groups. Don't forget the post run drink at the pub	Track 400m efforts [R] 100m Fast: 8 Med: 7 Steady: 6	Hilly Circuits Fast: 6 Med: 5 Steady: 4/3 Distance Recovery	Track Mara's Session 3 min: [R] 90sec 1 min: x 3 [R] 60secs 2 sets [R] 2 min's	Track 1 Mile timed. 300m [R] 100m Fast: 5 Med: 4 Steady: 3	Kenyan Hills 5 Increments Fast: 5 Med: 4 Steady: 3 Distance [R]	Track 600m efforts [R] 200m Fast: 6 Med: 5 Steady: 4	Bank Holiday for the Queen's Jubilee There will be no training today. Have a good long weekend!
Session location	Beaulieu Road Station Car Park, The Drift Pub, SO42 7YQ	New Forest Academy, Long Lane, Holbury, SO45 2PA	"Nokes Hill", Dibden Enclosure https://w3w.co/cool.doin.guitar	New Forest Academy, Long Lane Holbury, SO45 2PA	New Forest Academy, Long Lane, Holbury, SO45 2PA	"The Tyroll", Dibden, Enclosure https://w3w.co/dozed.lungs.faster	New Forest Academy, Long Lane, So45 2PA	
Training Emphasis	Fun & Friends	Strength Endurance	Speed Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Speed Endurance	
Coach	Adrian & Co	Chris/Paul	Callum/Brendon	Simon/Chris	Chris/Karen	Callum/Tamsin	Steve/Paul	

Please keep checking back as Training Venues to meet will change every week!

Mesocycle 2	Week 1		Week 2		Week 3		Week 4	
Days	Tues June 7 th	Thurs June 9 th	Tues June 14 th	Thurs June 16 th	Tues June 21 st	Thurs June 23 rd	Tues June 28 th	Thurs June 30 th
Details of Session	Intervals Effort down longer sides & [R] on shorter sides. 2 laps = 1 set Fast: 5 Med: 4 Steady: 3 [R] 90 sec's between sets	Track Timed Pyramids 30, 60, 90, 120, 90, 60, 30 [R]30 sec's 2 sets [R] 2 min's	Track 1 km Efforts [R] 200m Fast: 5 Med: 4 Steady: 3	Social Run There will be a leader for each group. Distances & speed will vary from 5 to 7 miles for each group. Don't forget the post run drink!	Hills Efforts: 30, 45, 30 sec Return: 60, 75, 60 3 sets [R] 90 secs For a shorter run out consider parking at Kingshat (but let the coach or Chris Harris know).	Track Mixed Efforts 700m [R] 100m 300m [R] 100m Fast: 4 Med: 3 Steady: 3/2	Efforts 45 secs x 4 Return: 60 to 75 secs 3 sets [R] 90 secs	Track Efforts 8 x 2 mins [R] 2 mins Continuous
Session location	Oblong Track, Fawley Enclosure https://w3w.co/audit.civil.stop	New Forest Academy, Long Lane, Holbury, SO45 2PA	New Forest Academy, Long Lane, Holbury, SO45 2PA	Beaulieu Rd Station car park, opposite the Drift Pub, SO42 7YQ	The House in the Woods. Kingshat Enclosure https://w3w.co/ants.purely.miles	New Forest Academy, Long Lane, Holbury, SO45 2PA	T. Junction, (previous rope swing spot), Fawley Enclosure https://w3w.co/shows.onion.cheat	New Forest Academy, Long Lane, Holbury, SO45 2PA
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Fun & Friendship	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Karen/Paul	Ian/Brendon	Steve/Simon	Adrian & Co	Callum/Tamsin	Chris/Karen	Simon/Paul	Ian/Brendon