

Hardley Runners

Training Schedule – Tues 5th July – Thurs 25th August 2022

Please find below the Training Schedule for the next 8 weeks. Unfortunately, our Track Season comes to an end on July 26th, with the popular **Parlauf Session**. During the season there has been a healthy selection of training, with a great attendance. Not forgetting that **on July 19th there will be a 5K Time Trial**, as requested by yourselves. For those that believe 12 times around the track is not for them, there will be an **option to run 1 Timed Mile**. We thank you for your feedback over this

season. As you see Adrian has once more offered to lead **two Social runs**, one during each Mesocycle. The Coaches welcome feedback on Sessions & ways to improve the sessions. **Keep Training & Keep Running!** The Coaches

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 5 th July	Thurs 7 th July	Tues 12 th July	Thurs 14 th July	Tues 19 th July	Thurs 21 st July	Tues 26 th July	Thurs 28 th July
Details of Session	Track 400m Efforts 200m recovery F x 8 M x 6 S x 4 Beginners x 4	Hilly Circuits Approx. 800m F x 5 M x 4 S x 3 Beginners x 2 or 3 Distance recovery	Social Run Running about 5 to 7 miles. There will be various groups. Don't forget the post Run drink at the pub.	Track Mara's Session 3mins effort with 90-secs recovery followed by 3 x 1min efforts with 1min recovery 2 sets 2 mins recovery between sets	Track 5k Time Trial or 1 mile Timed Individual choice. The results of the 5K Timed Trial will be recorded on the Hardley Website alongside the results from Winter Series.	Hilly Circuits F x 6 M x 5 S x 4 Beginners x 2 or 3 Distance Recovery on the long downhill & straight if needed. For a shorter run out consider parking at Kings Hat (but let Chris or the coach know!)	Last Track Session Parlauf Session Working in pairs of similar ability. One person will run the effort while your partner takes a easy active recovery.	Efforts 30, 45, 60 seconds x 4 45 60 90 seconds return recovery. 4 sets with extra 90secs recovery between each set.
Session location	New Forest Academy, Long Lane, Holbury SO45 2PA	Fawley Inclosure incorporating the 3 hills. https://w3w.co/call.united.voice	T.B.C. An email will be sent by Adrian to all club member explaining all details.	New Forest Academy, Long Lane, Holbury, SO45 2PA	New Forest Academy, Long Lane, Holbury, So45 2PA	"Horseshoe Hill" in Crabhat Inclosure https://w3w.co/short.fresh.grass	New Forest Academy, Long Lane, Holbury SO45 2PA	Gravel track leading to Nokes Hill, Dibden Inclosure. https://w3w.co/salt.runs.bricks
Training Emphasis	Speed Endurance	Strength Endurance	Fun and friendship	Speed Endurance	Strength Endurance	Strength Endurance	Speed Endurance	Speed Endurance
Coaches	Tamsin /Ian	Callum /Paul	Adrian	Karen /Brendon	Chris /Steve	Ian /Callum	Chris & Steve	Matt /Simon

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For most of the forest sessions, we will meet meeting in Dibden Inclosure on the long field parallel with the A326, by the pylon near the road crossing at 18.30 hrs (<https://w3w.co/chat.pushed.puff>).

*** For some sessions we will instead meet on the green just over the cattle grid on the Dibden Bottom Road to Ipley - <https://w3w.co/pills.cure.hurt>**

1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 2 nd August	Thurs 4 th August	Tues 9 th August	Thurs 11 th August	Tues 16 th August	Thurs 18 th August	Tues 23 rd August	Thurs 25 th August
Details of Session	Hilly Circuits Big Dipper F/M 4 x 5 mins M/S 3 x 5 mins B 2 or 3 x 5 mins. Distance recovery following each 5 min: effort.	Meet & Greet 4 Efforts Recovery 2 mins. Great teambuilding session.	Kenyan Hills 5 Increments F x 5 M x 4 S x 3 Beginners x 2 or 3 Distance recovery	Pyramid Session 30, 60, 90, 90 60 30 secs. Recovery 30secs between each effort. Everyone 2 sets 2 min: [R] between sets	Hilly Circuits Approx 800m F x 5 M x 4 S x 3 B x 2or3 Distance recovery	Social Run Fun and friendship. Everyone welcome Led by Adrian. Don't forget the post run drink!	Hilly Circuits F x 6 M x 5 S x 4 B x 3 or 4 Distance recovery	Efforts 4 x 30secs efforts with 60 secs recovery Everyone 4 x sets Extra 90sec recovery between sets
Session location	The Big Dipper, Dibden Inclosure https://w3w.co/ears.palms.pri.me	5 ways, Dibden Inclosure https://w3w.co/round.en.tire.jumped	The Tyroll Dibden Inclosure https://w3w.co/dozed.lungs.faster	Alder Moor Field just past Ipley Manor. https://w3w.co/today.into.jazzy (* Meet on the green - https://w3w.co/pills.cure.hurt)	Horestone Hill, Dibden Inclosure. https://w3w.co/crowds.empty.flat	T.B.C. An email will be sent out from Adrian to all club members explaining all details about this run.	The White Cottage, Marchwood Inclosure. https://w3w.co/new.s.elite.paints (* Meet on the green - https://w3w.co/pills.cure.hurt)	Middle track in Marchwood Inclosure leading to Ipley hills. https://w3w.co/unset.above.dent (* Meet on the green - https://w3w.co/pills.cure.hurt)
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Fun and friendship	Strength Endurance	Speed Endurance
Coach	Simon /Paul	Chris /Matt	Ian /Paul	Steve /Brendon	Callum /Tamsin	Adrian	Simon /Claire	Karen /Julie