

Hardley Runners

Training Schedule – Tues 31st October – Thurs 21st December 2023

As you will see there are three evenings when the run out is Longer than usual, please contact the Run Leader taking the session for an alternative. We have also introduced some new sessions & venues over these weeks, the Bleep Test being a first on November 14th! The coaches welcome feedback on sessions & ideas for improving them, so please let us know if you have any comments or suggestions.

High-Viz is compulsory for all Autumn & Winter training – your safety is important. Thank you!

Please find below the Training Schedule for the next 8 weeks. Happy training and running!

1.Mesocycle	Week 1		Week 2		Week 3		Week 4	
Day	Tues 31 Oct	Thurs 2 Nov	Tues 7 Nov	Thurs 9 Nov	Tues 14 Nov	Thurs 16 Nov	Tues 21 Nov	Thurs 23 Nov
Details of Session	400m Circuit with a short sharp finish! Fast: 5 Med: 4 Steady: 3 [R] 2 min A. circuit of Langdown Rd B. left down Grays Ave & up Seward Rd to finish. This is a long run to venue, for alternative talk to Run Leader.	"Running off the top of the hill" Easy running up hill to marker & hold effort to T-junction Fast: 8 Med: 7 Steady: 6 [R] downhill & back to start. The start is opposite the close on left, just past T-junction.	Fartlek Dividing into small groups each with a leader running between 5 and 7 miles Course to be organised by the Run Leader. Run Leaders that are available.	Hilly Circuits (1.5 miles) Fast: 4 Med: 3 Steady: 2 Route: Ferry Rd, Copse Wood Rd, Lanehays, Dale Rd, Malwood Rd West, Roberts Rd, Hollybank Rd, Holly Bank Crescent. [R] distance by the Chippy!	Bleep Test Good warm up & cool down! Venue to be confirmed.	Kenyan Hills Start at cul-de-sac. 3 lamp posts on [L] as markers. Fast: 6 Med: 5 Steady: 4 [R] back to start. [R] 90 sec – 2 min's between sets	600m Efforts Working in pairs & running at your 5K pace. Each runner takes the lead! Fast: 6 Med: 5 (toss a coin) Steady:4 [R] 90 to 120 sec Course: Start by toilet block (as usual) run up to Life Boat [L] side follow round & back to start!	Hills 40 sec x 4 = 1 set Return: approx. 60 sec 4 sets [R] 90 sec between sets.
Session location	Langdown Rd, Hythe W3W Location	Mountfield, Southampton Rd, Hythe W3W Location	Start & finish at Applemore W3W Location	HollyBank Cres: Hollybank Est: Hythe. W3W Location	Meet at Applemore as usual W3W Location	Highlands Way, Beaulieu Rd W3W Location	Hythe Marina (usual place by the water front) W3W Location	Malwood Rd West, Hollybank, Hythe. W3W Location
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Paul / Julie	Tamsin/Brendon	See above	Ian / Callum	Claire / Chris	Chris / Karen	Matt / Callum	Simon / Claire

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2.Mesocycle	Week 5		Week 6		Week 7		Week 8	
Day	Tues 28 Nov	Thurs 30 Nov	Tues 5 Dec	Thurs 7 Dec	Tues 12 Dec	Thurs 14 Dec	Tues 19 Dec	Thurs 21 Dec
Details of Session	Hilly Circuits - Double (0.8 mile) Fast: 5 Med: 4 Steady: 3 [R] Distance	Efforts 30 ,20 ,30 ,20 sec = 1 Set [R] return 60 sec All = 4 sets [R] 90 sec between each set	Timed Hills 45 sec x 4 [R] return 60 to 70 sec = 1 set All = 3 sets as long run out! [R] 90sec between sets This is a long run to venue, for alternative talk to Run Leader.	200m 400m 600m Efforts = 1 set [R] distance Fast: 3 sets Med: 3 sets Steady: 2 sets	Three Hills 5 min x 3 [R] down hill [R] 2 min between each hill.	Pyramids Fast: 1,2,3,4,4,3,2,1 Med: 1,2, 3,4,3,2,1 Steady: 1,2,3,3,2,1 [R] Distance This is a long run to venue, for alternative talk to Run Leader.	Christmas Fartlek Wearing those festive sparkles & silly hats! Finishing with Christmas celebrations at The Heath (& Mince pies)	Meet & Greet All Groups 5 Efforts [R] distance Start at Lime Walk/Lime Close junction.
Session location	The Wicket, Overbrook, Hythe W3W Location	The Mead, Hollybank, Hythe W3W Location	Roseberry Ave, Hythe W3W Location	Woodlands, Beaulieu Rd, D.P. W3W Location	Sycamore Rd, Hollybank, Hythe W3W Location	Sewood Rd & Grays Ave, Langdown, Hythe W3W Location	Start & Finish at The Heath W3W Location	Lime Walk, D.P. W3W Location
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Strength Endurance	Strength Endurance	Speed Endurance	Fun & Friendship	Fun & Friendship
Coach	Ian / Karen	Matt / Chris	Brendon / Simon	Chris / Tamsin	Callum / Claire	Simon / Ian	Run Leaders if free!	Paul / Callum