

Hardley Runners

Training Schedules – Tues Jan 18th to Thurs March 10th 2022

The Coaches & Leaders meet regularly to work out the training cycles aiming to create a balance of strength & speed sessions to enhance your Endurance Running, giving you the confidence (if you choose) to enter various Local Racing Leagues: The C C 6, the R R 10, Hampshire X Country League & Hampshire Road Race League plus other Running Events and to wear that Hardley Runners Vest!

The Coaches welcome feedback on sessions & ideas for improving them, so please let us know if you have any suggestions.

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

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tuesday Jan: 18th	Thursday Jan: 20th	Tuesday Jan: 25th	Thursday Jan: 27th	Tuesday Feb: 1st	Thursday Feb: 3rd	Tuesday Feb: 8th	Thursday Feb:10th
Details of Session	Mixed Hilly Circuits Fast: double X 2 single x 3 Med: double x 2 Single x 2 Steady: double x 2 single x 1 Distance Recovery	Meet & Greet Working with a partner Each pair to complete 5 sets. Recovery 90 seconds to 2 min's.	Hilly Circuits Fast:5 Med:4 Steady:3 Longer run out please contact coach for alternative. Distance [R] around horseshoe.	Short Efforts 30 secs 30 x 4 =1 set [R] 60 secs return 4 sets Between sets 90secs to 2 min:	5K Time Trial No: 3 in the Winter Series. These results (& previous results) will be recorded on the H.R website. N.B The start will be in Noads Way .	Undulating Figure of "8" Fast: 6 Med: 5 Steady:4 [R] distance recovery Route: Fairway Rd, Dale Rd & Ferry Rd.	Kenyan Hills 4 to 5 increments on the hill. Fast: 6 Med: 5 Steady: 4 [R] on the downhill. Distance {R} between sets	Efforts (0.8 m) Fast: 6 Med: 5 Steady:4 Distance [R] around Horseshoe & <u>start</u> .
Session location	The Wicket Overbrook Hollybank Hythe.	Lime Walk North Road & Noads Way Circuit. .Dibden Purlieu	Partridge Road, Dukes wood Drive,Heatherstone Circuit .Hythe	Lime Walk (North Road End) Dibden Purlieu	Noads Way Peartree Rd Water Lane & North Rd Circuit (x3).	"Chippy" Hollybank Crescent (start) Hythe.	Malwood Road West. HollyBank Hythe.	Heatherstone Road Arnwood Rd Beverley Rd & back down Heathersone
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Speed Endurance
Coach	Simon / Paul	Karen / Chris	Ian / Callum	Steve / Paul	Chris & Simon	Callum/ Chris	Chris / Brendon	Ian / Karen

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2.Mesocycle	Week 5.		Week 6.		Week 7		Week 8	
Days	Tuesday Feb: 15 th	Thursday Feb: 17 th	Tues day Feb: 22 nd	Thursday Feb: 24 th	Tuesday March 1 st	Thursday March 3 rd	Tuesday March 8 th	Thursday March 10 th
Details of Session	Timed Hills 45 sec x 4 [R] return 75 sec 3 sets Longer Run out, please contact coach for alternative.	Fartlek Session Dividing into small groups. Each group has a leader. Distance will vary in each group 5 to 7 miles.	Pyramids Fast: 12344321 Med: 1234321 Steady: 123321 [R] Distance	Timed Hills 5 minutes on each of the 3 Hills. [r] distance from Sycamore to Lane Hayes Rd & back	Figure of "8" & change of pace. Fast: 6 Med:5 Steady: 4 [R] set distance pace change: 10 k to 5k	1 Mile Hilly Circuit Fast: 5 Med:4 Steady: 3 [R] Distance	Short Circuits Head Torch recommended Fast: 6 Med:5 Steady :4 [R] Distance in Cosworth Drive.	Hilly Circuits Fast: 6 Med:5 Steady:4 [R] Distance Hawthorn Close
Session location	Roseberry Ave: Hythe.	Meet at Applemore Recreation Centre as usual	Wellington C Dibden Purlieu	Where Laurel Close Sycamore Rd & Hawthorn Rd meet. Hythe.	Corbould Rd Arnwood Rd Beverley Rd Heathstone Rd Armitage Ave Crete Rd Circuit. Hythe.	" Chippy" Hollybank Crescent, Hollybank, Hythe.	Junction of Cosworth Drive & Challenger Way. Hythe.	Start at the base of Hawthorn Rd Sycamore Rd, Fern Rd & Lane Hayes Circuit.
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Steve / Paul	All Coaches	Chris / Brendon	Callum / Ian	Karen / Steve	Simon / Chris	Steve/ Calum	Ian / Karen