



## Training Schedules Tuesday March 20<sup>th</sup> to Thursday May 10<sup>th</sup> 2018

Please find below the Training Schedule for the next 8 weeks. On March 27<sup>th</sup> we return to the **Forest** for training, with a new session on May 10<sup>th</sup>, not forgetting the monthly social runs. The weekly Track sessions at Hardley School will commence on April 10<sup>th</sup>, please meet by the track at 1830hrs. Two sessions are highlighted for Beginners. The Coaches welcome feedback on sessions and ideas for improving them so do let us now if you have any suggestions?

1.Mesocycle	Week 1		Week 2		Week 3		Week 4.	
Days	Tues: 20 <sup>th</sup> March	Thurs:22 <sup>nd</sup> March	Tues:27 <sup>th</sup> March	Thurs:29 <sup>th</sup> March	Tues:3 <sup>rd</sup> April	Thurs:5 <sup>th</sup> April	Tues:10 <sup>th</sup> April	Thurs:12 <sup>th</sup> April
<b>Details of session</b>	Kenyan Hills 4 or 5 increments (lights to mark)  Fast: 5 Med:4 Steady:3  Distance recovery	800m Efforts Continuous Fast:6 Med:5 Steady: 4  Recovery along North Road.	Hills –5mins. Hills x 3. The number of hill efforts to be decided by coach. Distance Recovery down gravel track <b>“The Forest”</b>	Intervals 2 laps – 1 set Fast: 6 Med:5 Steady:4 Course marked by cones. 100m >. Recovery 1.5 mins. <b>Beginners</b>	Long Hilly Circuits Fast:5 Med:4 Steady:3  Distance Recovery starting at bridge.	Timed Efforts 30, 45, 60 secs. Active recovery 45,60,90 secs’. Recovery between sets 60 secs.  <b>Beginners</b>	<b>Track</b> 300m continuous efforts 100m {R}.  Fast: 9 Med:8 Steady:7	Short Hilly Circuits  2 groups: F/ M: 4 x 5 mins. M/ S: 3 x 5 min’s.  Recovery around wooded circuit.
<b>Session location</b>	Malwood road West, Hythe.	Noads Way to Lime Close (800m), North Road. Dibden P	Ipley Cross Roads	The Field , Dibden Enclosure far end.	Nokes Hill, start by bridge. Dibden Encl:	Track that leads to Nokes Hill. Meet : Field	Hardley School, Long Lane, Holbury. SO45 2PA	The Big Dipper Dibden Enclosure
<b>Training Emphasis</b>	Strength Endurance	Speed Endurance	Strength endurance	Speed Endurance	Strength & Speed Endurance	Speed Endurance	Speed endurance	Strength Endurance
<b>Coach</b>	<b>Andy</b>	<b>Chris</b>	<b>Steve</b>	<b>Chris</b>	<b>Andy</b>	<b>Steve</b>	<b>Chris</b>	<b>Andy</b>



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2.Mesocycle	Week 1		Week 2		Week 3		Week 4	
<b>Days</b>	Tues: April 17th	Thurs:April 19 <sup>th</sup>	Tues:April 24th	Thurs:April 26th	Tues:May 1 <sup>st</sup>	Thurs;May 3rd	Tues: May 8th	Thurs; May 10 <sup>th</sup> .
<b>Details of session</b>	Undulating Circuits  Fast:6 Med:5 Steady:4  Distance recovery	<b>Efforts</b> The distance will depend upon the degree of mud on the course	<b>Timed pyramids</b> Please note this is a long run out. Please contact coach Andy to discuss parking options	<b>Social Run</b>  Each group will have a leader.  The distances will be from 6 miles .	<b>1-Mile Circuit</b>  Fast: 5 Med:4 Steady:3  Timed recovery of 1.5 mins.	<b>Track</b>  3 min: Timed efforts x 5  90 secs. {R}	<b>Track Mixed Efforts</b> 200, 400, 600m.  {R} 100, 200,300m  3 sets F/M 2 sets M/S (R) 90secs between sets.	<b>800m Hilly Circuits</b> <b>New Session.</b>  Fast:6 Med:5 Steady:4 Timed recovery 1.5 mins. Start with hills Long Run Out ,contact coach for parking !
<b>Session location</b>	Marchwood Enclosure, near the White Cottage area of enclosure.	5 Ways Dibden Enclosure	Aldermoor Field Just past Ipley crossroads	Social Run	Start at top of gravel track by The Field, Dibden Enclosure.	Hardley School , Long Lane , Holbury SO45 2PA	Hardley School, Long Lane, Holbury. SO45 2PA	Fawley Enclosure, Holbury end.
<b>Training Emphasis</b>	<b>Strength Endurance.</b>	<b>Speed Endurance</b>	<b>Speed Endurance</b>	<b>Fun &amp; Friendship</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>	<b>Speed Endurance</b>	<b>Strength endurance.</b>
<b>Coach</b>	<b>Steve</b>	<b>Chris</b>	<b>Andy</b>	<b>Ray</b>	<b>Steve</b>	<b>Chris</b>	<b>Andy</b>	<b>Ian</b>