



## Training Schedules Tuesday May 15<sup>th</sup> to Thursday July 5<sup>th</sup> 2018

Please find below the Training Schedule for the next 8 weeks. On May 22<sup>nd</sup> an Inter Club Paarlauf session is planned with the New Forest Runners, the evening's session will be hosted by Mr Colin Goater Level 4 UKA Coach, this will be an excellent evening so please join us. The Beginners Running Course comes to an end on June 11<sup>th</sup>, several people have expressed an interest to join the training sessions, a specific group has therefore been highlighted. If you intend to run out (or home) to the training session in the forest, for your safety please consider taking a mobile phone.

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

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues May 15	Thurs May 17	Tues May 22	Thurs May 24	Tues May 29	Thurs May 31	Tues June 5	Thurs June 7
<b>Details of Session</b>	Hilly Circuits  Set Circuit with 1.5 Mins Timed Recovery  F = 6 M = 5 S = 4	Track Session  continuous 400 m effort 200 m jog recovery  F = 8 M = 7 S = 6	Track Session  "Paarlauf" An inter club session between New Forest Runners & Hardley Runners, please see details on training page.	RR10 Reccy Run  Meet at Rec ground at 1815-1830	Hilly Circuit  "Crabhat Horseshoe", Recovery downhill & along flat if required.  PLEASE NOTE A fair distance run out and back	Track Session  5 Mins effort x 4, for all groups.	Track Session 'Timed Mile'  On completion continuous 300m effort 100m jog recovery F = 5 M = 4 S = 3	Kenyan Hill 5 increments 1 set F = 5 M = 4 S = 3  Distance Recovery
<b>Session location</b>	Horsestone Hill Dibden Enclosure	Meet at 1830 at Hardley School Long Lane, Holbury SO45 2PA	Meet at 1830 at Hardley School, Long Lane, Holbury. SO45 2PA	QE2 Rec SO45 1YQ Off Thornbury Ave Blackfield	Along from 'T' junction at base of incline in Kingshat enclosure	Meet at 1830 at Hardley School, Long Lane, Holbury SO45 2PA	Meet at 1830 at Hardley School, Long Lane, Holbury .SO45 2PA	Tyroll Area from top of Noakes hill take wide gravel track, hill on left
<b>Training Emphasis</b>	Strength Endurance	Speed Endurance	Speed Endurance & lots of fun!	Reccy Route for RR10	Strength Endurance	Speed Endurance	Speed Endurance	Strength Endurance
<b>Coach</b>	Andy	Ian	Mr Colin Goater level 4 UKA Coach.	Lead by Ray	Steve	Andy	Chris	Ian



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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues June 12	Thurs June 14	Tues June 19	Thurs June 21	Tues June 26	Thurs June 28	Tues July 3	Thurs July 5
<b>Details of Session</b>	<p>Intervals</p> <p>Effort down long side, jog recovery along short side.</p> <p>2 Reps = 1 set 1.5 Mins recovery between sets</p> <p>F = 5 M = 4 S = 3</p>	<p>Track</p> <p>Continuous Efforts</p> <p>600m effort 200m jog recovery.</p> <p>F = 6 M = 5 S = 4 <u>Beginners:</u> 2 or 3</p>	<p>Track</p> <p>300 m @ 5k pace then 100m "increase" pace.</p> <p>F = 7 M = 6 S = 5 <u>Beginners:</u> 3 or 4</p>	<p>Hills Circuits</p> <p>F = 6 M = 5 S = 4 <u>Beginners:</u> 2 or 3</p> <p>Distance recovery</p>	<p>Timed Efforts</p> <p>45 Secs effort, 60 Secs returning jog recovery X 4 = 1Set.</p> <p>Additional 1 Min Recovery between Sets</p> <p>All Groups 3 Sets. <u>Beginners</u> 1 or 2 sets</p>	<p>Social Run</p> <p>The distance will be from 5 to 6 miles.</p> <p>No one is left behind. An easy sociable running pace.</p> <p>Don't forget the post run drink.</p>	<p>Track</p> <p>Mara's session: 3 min effort, 90 secs jog recovery x 1. 1 min effort, 60 secs: recovery X 3 2 mins recovery between sets. All groups 2 sets <u>Beginners:</u> 1 set</p>	<p>Timed Efforts</p> <p>45 (90 R) 60 (120 R) 45 (90 R)</p> <p>90 secs recovery between sets</p> <p>All groups 3 Sets. <u>Beginners:</u> 1 or 2 sets</p>
<b>Session location</b>	<p>The Oblong Fawley Enclosure Meet at Applemore <b>LONG RUN OUT</b></p>	<p>Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA</p>	<p>Meet at 1830 at Hardley School, Long Lane, Holbury. SO45 3RQ</p>	<p>"Noakes" Hill Dibden Enclosure. Meet at Applemore</p>	<p>Sandy track on left from top of "Noakes" Hill. If meeting there be careful of the large cracks at top of Sandy track.</p>	<p>Meet and run from "Royal Oak" Pub, Hilltop SO42 7YR</p>	<p>Meet at 1830 at Hardley School, by the track.</p>	<p>The House in the Woods, Kings Hat Enclosure. <b>LONG RUN OUT.</b> Please contact Coach for parking options</p>
<b>Training Emphasis</b>	Speed Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Fun & Frindship ☺	Speed Endurance	Strength Endurance
<b>Coach</b>	Steve	Chris	Steve	Andy	Ian	Ray	Chris	Ian