



Training Schedules Tuesday October 30th to Thursday 20th December 2018

Please find the Training Schedule for the next 8 weeks. Another two weeks will follow soon.

As you see there is one new session on Nov: 20th and the revival of an old session on Nov:8th. We have planned a winter time trial on Oct:30th, this will be repeated in 2019. Several of the sessions are a changeling distance, a huge support for your Winter Training. Finally let's not forget the Christmas Festive Fun Sessions & of course the Infamous Hangover Hobble on New Year's Day! Wishing Everyone a Very Merry Christmas, thank you for your continual support & Hard Work. **Lastly please remember to wear high viz, the Coaches.**

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tuesday 30 Oct	Thursday 1 Nov	Tuesday 6 Nov	Thursday 8 Nov	Tuesday 13 Nov	Thursday 15 Nov	Tuesday 20 th Nov:	Thursday 22nd Nov:
Details of Session	5K Time Trial No:1 A set course 9 approx:5k) These results (& previous results) will be recorded on the H.R website. N.B The start will be in Noads Way.	Hilly Circuits F = 5 M = 4 S = 3 Distance Recovery around Horse shoe	Scott- Paine Drive Circuits. Double Circuit followed by recovery then single circuit followed by recovery = 1 Set F = 4 M/S = 3 Distance Recovery LONG RUN OUT	Long Hilly Circuits Start at Ferry Road, Copewood Rd, Lane Hayes Rd, Dale Valley Rd Malwood Rd West Roberts Rd into Hollybank Rd and finishing in Hollybank Cres: = 1 Circuit F = 4 M = 3 S = 2	"Meet and Greet" Lime Walk, North Road, Noads Way Runners work in pairs, run in opposite directions "Meet and Greet" then return = 1 Set All Groups 5 Sets	Hilly Circuits Sycamore Rd, Fern Rd, Layne Hayes. = 1 rep F = 5 M = 4 S = 3 Distance Recovery	New Session Long efforts Start Horseshoe, Heatherstone Ave: (L) Beverley Rd (L) into Arnewood Ave ® into Heatherstone return to start. F:4 M:3 S:2 Distance	Hilly Circuits Single Circuits F:8 M:7 S :6 Timed ® 1.5 mins.
Session location	Noads Way and Lime Walk junction.	Partridge Road, Dukeswood Drive, Hythe.	Scott- Paine Drive, Shore Road, Hythe.	Opposite Hollybank Chippy Hythe.	Lime Walk, North Rd &. Noads Way. D.P	Hawthorn Rd Sycamore Rd Hollybank.	Heatherstone Ave, Horseshoe Hythe	Mountfield Southampton Rd,Hythe.
Training Emphasis	Recorded Time for reference	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength endurance	Endurance each lap .75 m	. Strength Endurance.
Coach	Steve	Ian	Andy	Chris	Steve	Ian	Chris	Andy



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1.Mesocycle	Week 1		Week 2		Week 3		Week 4	
Days	Tuesday 27th Nov:	Thursday 30 th Nov:	Tuesday 4 th Dec:	Thursday 6th Dec:	Tuesday 11th Dec	Thursday 13th Dec	Tuesday 18th Dec:	Thursday 20th Dec:
Details of Session	Hills 45 sec's x 4 ® to start 75sec's. 3 sets for all Groups, ® 1.5 mins.	Continuous 800m Efforts Fast: 5 Med: 4 Steady: 3 Recovery from Lime Close back to start.	Hilly Figure of "8 " Fast: 5 Med: 4 Steady: 3 Distance recovery in line with shops.	Pyramids Fast: 12344321 Med: 1234321 Steady: 123321 Distance recovery: Long Run to Session.	Increased Paced Hilly Efforts Using 4 lamp posts as markers (1 set is 4 (e). F: 5 M:4 S :3 Distance Recovery - Roman Way.	Long & Shorter Efforts F: 4 +11 M: 3 +2 S :2+2 Distance Recovery (1.5min:) Lime Walk (right side).	A Special Christmas Tinsel Run. There is no better way to celebrate Christmas than running through the New Forest. Head Torches for all please! F, M & S groups.	FESTIVE FARTLEK Groups formed depending on the number of runners.
Session location	Malwood Road West, Hollybank.	Noads Way, Lime Walk & North Road. D.P	Hill View Rd start, finishing in Ferry Rd. Hollybank Chippy,Hythe.	Junction of Grays , Seward & Langdown Road , Hythe .	Nash Rd, D.P.	Start Lime Walk, Water Lane & Noads Way. D.P	Denny Wood Enclosure, Lyndhurst Road. A festive post drink at the Drift!	Applemore Recreation centre
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Fun & Friendship	Christmas Fun!
Coach	Steve	Ian	Chris	Andy	Steve	Ian	Ray	All coaches