



## Training Schedule Tuesday January 15<sup>th</sup> to Thursday March 7<sup>th</sup> 2018

Please find below the Training Schedule to Thursday 7 March. We have planned a second Winter Time Trial on Thurs: Jan:31<sup>st</sup>, this allows plenty of time to have regained that speed lost over the Christmas break! The Noads Way circuit has been slightly adapted to give a longer endurance session of 1km efforts.

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

Happy New Year! **Lastly please remember to wear High Viz Vests to all Winter training Sessions.**

| 1.Mesocycle               | Week 1.   |   | Week 2.   |  | Week 3.   |  | Week 4.   |   |
|---------------------------|---|---|---|--|---|--|---|---|
| Days                      | Tues Jan: 15  | Thurs Jan: 17   | Tues Jan: 22  | Thurs Jan: 24  | Tues Jan: 29  | Thurs Jan: 31  | Tues Feb: 5   | Thurs Feb: 7  |
| <b>Details of Session</b> | Efforts: Short<br><br>30 sec's x 3<br>4 sets<br><br>[R] 45 sec's<br>return<br><br>[R] 60 secs'<br>between sets. | Hilly Circuits<br><br>Fast: 5<br>Med:4<br>Steady: 3<br><br>[R] distance<br>around the<br>horseshoe. | Double Circuits<br><br>Fast: 6<br>Med:5<br>Steady: 4<br><br>[R] distance?<br><br>Please note:<br>long run out,<br>contact coach<br>for<br>alternatives. | Hilly Double<br>Circuits<br><br>Fast :6<br>Med:5<br>Steady: 4<br><br>[R] distance<br>via path to<br>main Road. | Continuous<br>Hilly Circuits<br><br>Fast / Med:<br>5 or 4<br>Med: / Steady<br>4 or 3<br><br>Please note:<br>long run out<br>contact coach<br>for<br>alternatives. | 5k Time Trial<br><br>No: 2<br><br>A set course<br>of approx.: 5k.<br><br>These results<br>(& previous<br>results)<br>will be<br>recorded on<br>the H.R<br>website. | Hilly Circuits<br>(Short)<br><br>Fast: 6<br>Med: 5<br>Steady: 4<br><br>[R] Hawthorn<br>Close. | Efforts 1 km.<br><br>Fast ;5<br>Med:4<br>Steady :3<br><br>[R] distance<br>Lime Close. |
| <b>Session location</b>   | Hythe Marina,<br>at the end of<br>Shamrock<br>Way.  | Partridge Rd,<br>Dukeswood Drive,<br>Heatherstone Ave:  | Scott – Paine<br>Drive,<br>Shore Road,<br>Hythe.  | Mountfield,<br>Southampton<br>Road, Hythe.   | Roseberry Avenue<br>(start at base<br>of hill) ,<br>Hythe.  | Noads Way<br><b>(start)</b><br>Peartree Rd,<br>Water Lane &<br>North Road<br>Circuit. D.P.   | Sycamore Rd<br>Lanehays & Fern<br>Rd.<br>Hythe.   | Start in Lime Close<br>- North Road -<br>Noads way -<br>Lime Walk.                    |
| <b>Training Emphasis</b>  | Speed<br>Endurance  | Strength<br>Endurance   | Speed &<br>Strength<br>Endurance  | Strength<br>Endurance  | Strength<br>Endurance   | Speed &<br>Strength<br>Endurance   | Strength<br>Endurance   | Speed<br>Endurance  |
| <b>Coach</b>              | Steve   | Ian   | Andy  | Steve  | Ian   | Chris & Andy   | Chris   | Steve   |



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| 1.Mesocycle               | Week 1.  |  | Week 2.   |  | Week 3.  |  | Week 4.  |   |
|---------------------------|--|--|---|--|--|--|--|---|
| Days                      | Tues: Feb 12   | Thurs Feb: 14  | Tues Feb: 19th  | Thurs Feb:21st   | Tues Feb: 26th   | Thurs Feb:28th   | Tues: March 5th  | Thurs: March 7th  |
| <b>Details of Session</b> | <p>Increased (pace) Efforts</p> <p>Using 4 lamp posts as markers:</p> <p>Fast:5<br/>Med:4<br/>Steady:3</p> <p>Distance [R] around Roman Way.</p> | <p>Pyramids</p> <p>Fast:<br/>123454321<br/>Med:<br/>12344321<br/>Steady:<br/>1234321</p> <p>Distance [R].</p> <p><b>Long Run Out</b></p> | <p>Long Hilly Circuits &gt;1mile</p> <p>Fast:4<br/>Med:3<br/>Steady:2</p> <p>Distance [R] by shops.</p> | <p>Long Efforts ¾ mile</p> <p>Fast: 5<br/>Med: 4<br/>Steady :3</p> <p>Distance [R] around the Horseshoe.</p> | <p>Circuits with a Gradual Hill.</p> <p>Continuous</p> <p>Fast: 6<br/>Med:5<br/>Steady:3</p> <p>A different route:<br/>Solent Drive, HollyBank Rd &amp; Hollybank Cres: [R].</p> | <p>Meet &amp; Greet</p> <p>All Groups: 5 sets</p> <p>Timed [R] 1.5 min's</p> <p>Runner's work in pairs, run in opposite directions "meet &amp; greet" then return = 1 set.</p> | <p>Hills</p> <p>40 secs' efforts x 4 sets.</p> <p>[R] 70 sec's return to start &amp; an additional, 1 min: between sets.</p> | <p>Efforts</p> <p>Fast: 5<br/>Med:4<br/>Steady:3</p> <p>Distance [R]</p> <p><b>Please wear head torches</b></p> |
| <b>Session location</b>   | Nash Road, D.P   | Grays Ave: Seward Rd Langdown Rd, Hythe.   | Fish & Chip Shop, Hollybank Crescent, Hythe.  | Heatherstone Avenue, Hythe   | Fish & Chip Shop, Holly Bank Crescent, Hythe.,   | Lime Walk, North Road, Noads Way Circuit, D.P  | Malwood Road West, Hollybank hythe.  | Cosworth Drive, Challenger Way, Hythe.  |
| <b>Training Emphasis</b>  | Strength<br>Endurance  | Speed<br>Endurance   | Strength<br>Endurance   | Strength &<br>Speed<br>Endurance   | Strength<br>Endurance  | Speed<br>Endurance   | Strength<br>Endurance  | Speed<br>Endurance  |
| <b>Coach</b>              | Ian  | Chris  | Steve   | Andy   | Ian  | Andy   | Chris  | Steve   |