



Training Schedule Tuesday March 12th to Thursday May 2nd 2019

Please find below the Training Schedule for the next 8 weeks. We start Mesocycle 1. with the Second 5k Time Trial of the season, after all your winter training & hopefully improved weather conditions, I feel positive there will be some improved results! We return to the Forest on April 2nd, please continue to wear High Viz, until full light is guaranteed for the sessions. The Ever-Popular Social Run led by Ray & Linda has been moved to a Tuesday, this is a great chance to meet, yes, even more Hardley Runners, don't forget the post run drink! Not forgetting the weekly Track Sessions which start at Hardley School (please meet by track) on Thursday 2 May. Please remember that all Runners are necessary for these track sessions to work well, from our fastest people to our steadiest people.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tuesday 12 March	Thursday 14 March	Tuesday 19 March	Thursday 21 March	Tuesday 26 March	Thursday 28 March	Tuesday 2 April	Thursday 4 April
Details of Session	5K Time Trial Meeting at the junction of Noads Way and Lime Walk To record the achieved 5k time, enabling the Athlete to compare with previous times.	Hilly Circuits. F = 5 M = 4 S = 3 Distance Recover around Horseshoe.	Double Circuits To 1 set. F = 6 M = 5 S = 4 Distance Recovery	Hilly Circuits Single & a double rep = 1 set Distance recovery after each rep. F = 4 M = 3 S = 2	Figure "8" change of pace. 10k & 5k pace. F = 6 M = 5 S = 4 Distance Recovery	Single Circuits F = 8 M = 7 S = 6 Distance Recovery	Back on the Forest! Oblong Circuits a marked course. Effort on long side, [R] short side. 5 mins efforts with 90 secs [R]. Reverse direction F = 4 M / S = 3 then review.	Hills 5 Mins effort, hills x 3 Distance recovery after each timed session
Session location	Noads way, Peartree Rd, Water Lane, North Rd,D.P	Partridge Road and Dukeswood Drive, Hythe.	Scott-Payne Drive and Shore road, Hythe PLEASE NOTE LONG RUN OUT AND BACK	The Wicket off Upper Mullins Lane,Hollybank, Hythe.	Heatherstone Ave and Corbould Rd,Hythe.	Mountfield Cul-De-Sac, Hythe.	Open ground at the top of Horstone Hill, Dibden Enclosure	Top of hill where M/wood enclosure meets Ipley crossroads
Training Emphasis	Speed Endurance.	Strength Endurance	Speed Endurance	Strength and Speed	Speed endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Chris / Steve	Ian	Andy	Chris	Andy	Ian	Steve	Chris



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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 9 April	Thurs 11 April	Tues 16 April	Thurs 18 April	Tues 23 April	Thurs 25 April	Tues 30 April	Thurs 2 May
Details of Session	Kenyan Hills Using 4 cones as increments. Set Distance Recovery F = 6 sets M = 5 sets S = 4 sets	Timed efforts 30 30 30 (60 ret ☺) 45 45 45 (90 ret) 30,30,30 (60 ret) 45,45,45 (90 ret) x 4 sets [R 90 sec's] between sets	Social Run A forest run, lead by Ray at a pace suitable for all abilities. A post run drink in the Drift can be had.	800 m Circuits F = 6 M = 5 S = 4 Set distance recovery.	Hilly Circuits F = 6 M = 5 S = 4 Set distance recovery	Timed Efforts 45 sec's x 4 [1 set] 75 secs' return to start. [R 90 sec's]	Timed Hilly Circuits (5 Mins) Set Distance recovery wooded circuit F/M = 4 M/S = 3	TRACK SESSION Pyramids 30,60,90,90,60,30 = 1 Set 30 secs rec between each rep 1.5-2mins [R] between sets All groups 2 sets
Session location	Along gravel track from top of Noakes hill to first track on the left, Dibden Enclosure	Sandy track away from base of Noakes Hill, Dibden Enclosure	Meet at Shatter ford Car Park ,over bridge, on the left past The Drift on road to Lyndhurst.	"5 ways" situated in Dibden Enclosure.	The Footbridge at the base of Nokes Hill, Dibden Enclosure.	The Gravel Track, from the field (parallel) with main road. Just before Horsetone Hill.	"The Big Dipper" Dibden Enclosure.	Meet at Hardley School track at 1815. Parking is available at the school. Long Lane, Holbury SO45 2PA.
Training Emphasis	Strength endurance	Speed Endurance	Socialising (fun & friendship)	Speed Endurance	Strength endurance	Speed Endurance	Strength endurance	Speed Endurance
Coach	Andy	Ian	Ray & Linda	Steve	Chris	Andy	Ian	Steve