



Training Schedules – Tues May 7th to Thurs June 27th 2019

Please find below the Training Schedule for the next 8 weeks. There is a 1-mile time trial taking place on June 6th, prior to the Mile of Miles.

Contracts have been signed; the track sessions will be well established during these weeks.

We have put our heads together & hopefully given you a varied and challenging training schedule.

The Tuesday evening Social Run was extremely well attended, including the post run drink at the Drift, Happy Running!

The coaches welcome feedback on sessions and 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 7 May	Thurs 9 May	Tues 14 May	Thurs 16 May	Tues 21 May	Thurs 23 May	Tues 28 May	Thurs 30 May
Details of Session	Track 300 Metre continuous efforts with 100 metre recoveries Fast: 9 Med: 8 Steady: 7	Hilly Circuits Fast: 6 Medium: 5 Steady: 4 Distance Recovery	Intervals 2 circuits = 1 effort. Fast: 5 Medium: 4 Steady: 3 Distance Recovery	Track 3 minute efforts x 5 with 90 sec recovery after each effort.	Social Run with Ray	Track 200-metre effort, 100-metre recovery. 400-metre effort, 200-metre recovery. 600-metre effort, 300-metre recovery. = 1set Fast/Medium: 3 sets Medium/Steady: 2 sets	Track 5 Mins x 4 - 2 minutes recovery after each effort	Continuous Hills Fast: 6 Medium: 5 Steady: 4 Recovery on the downhill and if necessary the straight
Session location	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	Marchwood Inclosure. White Cottage End	The oblong - Fawley Inclosure For a shorter run out consider parking at Dibden Inclosure (but let coach know)	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	To be confirmed	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	Horseshoe in Crabhat Inclosure For a shorter run out consider parking at Kings Hat (but let coach know)
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Speed Endurance	Fun and Friendship	Speed Endurance	Speed Endurance	Strength Endurance
Coach	Chris	Chris	Andy	Ian	Ray	Chris	Steve	Andy



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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 4 June	Thurs 6 June	Tues 11 June	Thurs 13 June	Tues 18 June	Thurs 20 June	Tues 25 June	Thurs 27 June
Details of Session	Hilly Circuits Fast: 6 Medium: 5 Steady: 4 Recovery 1.5 minutes Single laps	Track 1-mile time trial, followed by continuous 300-metre efforts and 100-metre recovery. Fast:5 Medium: 4 Steady: 3	Hilly Circuits (3 hills at far end of Inclosure) Fast: 5 Medium: 4 Steady: 3 Beginners: 2 Distance Recovery	Track Continuous 400 metre efforts with 200 metre recovery Fast: 8 Medium: 7 Steady: 6 Beginners: 5/6	Social Run with Ray	Track 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	Track Continuous 600 metre efforts with 200 metre recovery Fast: 6 Medium: 5 Steady: 4 Beginners: 3	Hills 4 x 45 secs = 1 set All groups : 3 sets Recovery 90 sec's between efforts + 90 secs between sets
Session location	Horestone Hill Dibden Inclosure	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	Fawley Inclosure For a shorter run out consider parking at Dibden Inclosure (but let coach know)	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	To be confirmed	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	Meet at 1830 at Hardley School Long Lane, Holbury. SO45 2PA	House in the woods For a shorter run out consider parking at Kings Hat (but let coach know)
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Fun and friendship	Speed Endurance	Speed Endurance	Strength Endurance
Coach	Steve	Ian	Ian	Chris	Ray	Andy	Steve	Chris