



## Training Schedule Tuesday August 27<sup>th</sup> to Thursday October 17<sup>th</sup> 2019

Please find below the Training Schedule for the next 8 weeks. Unfortunately, the evening light is rapidly fading, would you please wear **High Viz from the end of August**. There is a Time Trial planned for Oct: 15th giving runners plenty of time to adjust to the road & dark. The Coaches welcome any feedback & new ideas that you may have!

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues August 27th	Thurs August 29th	Tues Sept: 3rd	Thurs Sept: 5th	Tues Sept:10th	Thurs Sept:12th	Tues Sept:17th	Thurs Sept:19th
<b>Details of Session</b>	<p><b>High Viz please.</b></p> <p>Hills Efforts 45 sec's x 4 70 sec's back to start 4 sets [R] 1.5 – 2 min's</p>	<p>Timed Pyramid's 30,60,90 120, 120 90,60,30.</p> <p>[R] 30 sec's between all efforts except 120 : 60 sec's. 2 sets [R] 2min's.</p>	<p>Hilly Circuits Fast: 7 Med: 6 Steady: 5</p> <p>[R] distance down hill.</p> <p>Please note long run out to venue. Please contact Andy for alternatives.</p>	<p>Efforts 30's 45's 60's [R] 60,75,90 between efforts.</p> <p>4 sets [R] 1.5 min's</p>	<p>Hilly Circuits Figure of "8" Fast: 4 Med: 3 Steady: 2.5</p> <p>[R] 2 min's.</p>	<p>Efforts Fast: 6 Med: and Steady :5</p> <p>An oblong course, effort down the straight &amp; [R] on the horizontal sections. [R] 1.5 min's.</p>	<p>Social Run Everyone is invited, the route will be approx.: 6 miles.</p> <p>There will be a shorter course for the Beginners.</p> <p>Don't forget the post run drink!</p>	<p>Hilly Circuits Fast:6 Med:5 Steady:4</p> <p>Distance [R]</p>
<b>Session location</b>	Kings Hat Enclosure at the base of the long hill.	Aldermoor Field. Straight across at Ipley Cross Roads, the field on the (R) after Ipley River.	Crab Hat Enclosure. The loop on the (L) before you get to the pony paddock.	Gravel Track, the long field end, in line with the main road. Dibden Enclosure.	Ipley Cross Roads.	The long field in line with main road, Horeston Hill end.	Venue to be appointed.	The Bridge in line with Nokes Hill, Dibden Enclosure
<b>Training Emphasis</b>	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Fun & Friendship	Strength Endurance
<b>Coach</b>	Chris	Steve	Andy	Ian	Steve	Andy	Ray	Ian



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	Week 1		Week 2		Week 3.		Week 4.	
Days	Tues Sept: 24th	Thurs Sept: 26th	Tues Oct: 1 <sup>st</sup>	Thurs Oct:3rd	Tues Oct: 8th	Thurs Oct:10th	Tues Oct:15th	Thurs Oct: 17 <sup>th</sup>
<b>Details of Session</b>	<p>Back on the Road's - High Viz please!</p> <p>Pyramids</p> <p>F: 123454321 M:12344321 S: 1234321</p> <p>Distance [R]</p>	<p>Increased Hilly Efforts</p> <p>4 lamp posts as markers</p> <p>Fast: 5 Med: 4 Steady: 3</p> <p>[R] around Roman Way.</p>	<p>Winding Fast Single Circuits.</p> <p>Fast: 8 Med: 7 Steady :6</p> <p>Distance [R]</p>	<p>Hilly Single Circuits</p> <p>Fast: 8 Med: 7 Steady :6</p> <p>Distance [R] via walk way.</p>	<p>Figure of "8" Change of pace 10k &gt;5k</p> <p>Fast: 6 Med: 5 Steady :4</p> <p>Distance [R]</p>	<p>Kenyan Hills</p> <p>5 increments.</p> <p>Fast: 5 Med: &amp; Steady: 4</p> <p>Distance [R]</p>	<p>5k Time Trial</p> <p>The first winter time trial, results will be placed on the website. This will be repeated in the next 6 to 8 weeks.</p>	<p>Hilly Circuits</p> <p>Fast :5 Med: 4 Steady :3</p> <p>[R] around Horse Shoe.</p>
<b>Session location</b>	Wellington Close, Dibden Purlieu .	Nash Road, Dibden Purlieu.	Scott's Payne Drive, Hythe.	Mountfield, Southampton Road, Hythe.	Beverley Road Arnwood Road, Dibden Purlieu.	Malwood Road West (Dale Rd end) Hollybank, Hythe.	Noads Way, Peartree Rd, Water Lane & North Rd, Circuit, Dibden Purlieu.	Start -- Partridge Road, Dukeswood Drive & Heatherstone Ave: Hythe
<b>Training Emphasis</b>	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
<b>Coach</b>	Chris	Steve	Chris	Ian	Andy	Steve	Andy S & Andy Mans:	Simon