

Hardley Runners

Training Schedules – Tues June 8th to Thurs July 29th 2021

Please find below the Training Schedule for the next 8 weeks. Most of the sessions included have been used before but there are a couple that are either new or have some changes. The meeting place for the run out continues to be Dibden Inclosure by the first pylon on the grass area (<https://w3w.co/chat.pushed.puff>). A what3words link has also been included below showing the location of each session.

We now have 11 Coaches / Run Leaders taking or assisting with the sessions. The Coaches welcome feedback on sessions & ideas for improving them, so do let us know if you have any suggestions. **We hope to see you at some/all of these sessions, keep training!**

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 8 June	Thurs 10 June	Tues 15 June	Thurs 17 June	Tues 22 June	Thurs 24 June	Tues 29 June	Thurs 1 July
Details of Session	Mara's Session 3 min effort, 90 sec recovery + 1 min effort, 60 sec recovery x3 reps = <u>1 set</u> 2 sets 2 min recovery between sets	Hilly Circuits Fast: 6 Medium: 5 Steady: 4 Distance Recovery	1 mile efforts Fast: 5 Med: 4 Steady: 3 90 sec recovery	Kenyan Hills 5 increments = 1 set Fast: 5 Med: 4 Steady: 3 Distance Recovery	800-Metre efforts. 1.5 min recovery between efforts. Fast: 5 Med: 4 Steady: 3	Undulating hills Fast: 6 Med: 5 Steady: 4 90 sec recovery	Timed efforts 45 sec x4 = 1 set Return 75 sec 3 sets 90 sec recovery between sets	Hills 6 mins on each of the 3 hills Distance recovery
Session location	Aldermoor Field Ipley crossroads, then field on the right just passed the bridge over Beaulieu River. https://w3w.co/today.into.jazzy	Marchwood Inclosure. White Cottage end. https://w3w.co/amused.start.richer	Fawley Inclosure. Starting point is on the grass area parallel to the A326 (near where the oblong track session is). https://w3w.co/ri.der.belts.start	"Tyroll area" in Dibden Inclosure. Wide path in the tree plantation adjacent to "Horestone Hill". https://w3w.co/dored.lungs.faster	"5 Ways" Dibden Inclosure. This is southwest of the main car park & relates to the point where 5 tracks cross each other. https://w3w.co/ro.und.entire.jumped	3-hill circuit in Fawley Inclosure https://w3w.co/call.united.voice	Fawley Inclosure, on the gravel track beyond the blue rope swing. https://w3w.co/smooth.basis.ramp	Ipley Crossroads hill in Marchwood Inclosure. https://w3w.co/unset.above.dent
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Chris / Paul	Steve / Dan	Andy S / Karen	Ian / Dan	Simon / Julie	Callum / Chris	Chris / Julie	Steve / Andy M

Hardley Runners

Training Schedules – Tues June 3rd to Thurs July 29th 2021

1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 6 July	Thurs 8 July	Tues 13 July	Thurs 15 July	Tues 20 July	Thurs 22 July	Tues 27 July	Thurs 29 July
Details of Session	Hill efforts 30, 45, 30 secs = 1 set 4 sets Recovery back downhill plus 90 sec between sets.	Oblong track. Efforts along long side and jog recovery on the short side. 2 full laps = 1 set (4 efforts) Fast: 5 Med: 4 Steady: 3 90 sec recovery between sets	Hilly circuits 2 Groups: Fast/Med: 4 x 5 mins Med/Steady: 3 x 5 mins Recovery loop through wooded area	"Meet and Greet" All groups 5 sets. Distance Recovery	Hilly circuits around "Nokes Hill" (reverse) Fast: 6 Med: 5 Steady: 4 Distance recovery to marker	Continuous intervals Effort around oblong then set distance recovery Fast: 5 Med: 4 Steady: 3	Continuous hilly circuits Fast: 6 Medium: 5 Steady: 4 Recovery on the downhill and the straight if necessary	Efforts 30 sec x 4 = 1 set 4 sets 60 sec recovery plus 90 sec between sets
Session location	Gravel hill on the edge of Crabhat Inclosure. At the top you will find the lonely pine! https://w3w.co/curry.gifted.coach	Oblong track Fawley Inclosure https://w3w.co/audit.civil.stop	"Big Dipper" on Dibden Inclosure (Note: <u>Steep hill</u>) https://w3w.co/eas.palms.prime	"5 Ways" Dibden Inclosure. This is southwest of the main car park & relates to the point where 5 tracks cross each other. https://w3w.co/round.entire.jumped	Starting <u>north</u> of "Nokes Hill" and running up the steep side. https://w3w.co/cool.doing.guitar	The oblong which starts on the grass area near the second pylon along from the Holbury end of Fawley Inclosure. https://w3w.co/jump.active.remedy	"Horseshoe Hill" in Crabhat Inclosure For a shorter run out consider parking at Kings Hat (but let coach know) https://w3w.co/sport.fresh.grass	Grass area in Fawley Inclosure running towards where the oblong session starts. https://w3w.co/herds.goes.them
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance
Coach	Andy S / Andy M	Ian / Dan	Simon / Steve	Callum / Chris	Chris / Simon	Steve / Callum	Andy S / Karen	Ian / Chris