

Hardley Runners

Training Schedules – Tues Aug 3rd to Thurs Set 23rd 2021

Please find below the Training Schedule for the next 8 weeks. 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>). **Please note that on 7th September there will be a mock track session parking at Moon Hills.** We are back on the road, meeting at Applemore Leisure Centre and **HIGH VIZ** is a must. Keep training kind regards the coaches.

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 3 August	Thurs 5 Aug	Tues 10 Aug	Thurs 12 Aug	Tues 17 Aug	Thurs 19 Aug	Tues 24 Aug	Thurs 26 Aug
Details of Session	Hilly Circuits Fast: 6 Medium: 5 Steady: 4 Distance Recovery	Efforts Timed Pyramids 30, 60, 90, 120, 90, 60, 30 All Groups x 2 30 secs recovery between efforts 2 mins between Sets	Hills 30, 45, 30 secs = 1 Set Returning recovery 60, 75, 60 + additional 90 secs between Sets All groups: 3 sets	Continuous Team Efforts 600mtr effort + 200mtr jog recovery End of recovery = 1 Set Swap team leader for each set. F = 5 M = 4 S = 3	Hilly Circuits Fast: 6 Medium: 5 Steady: 4 Recovery on the downhill and the straight if necessary	Efforts 30, 45, 60 secs Effort = 1 Set 60, 75, 90 secs returning recovery +90Secs Between Sets All groups: 4 sets	Hilly Circuits Figure "8" Ipley Cross Roads F= 3 M = 2.5 S = 2 Distance recovery on gravel track	Timed Efforts 45 secs effort = 1 set Recovery 75 secs between efforts + 90 secs between sets All groups: 3 sets
Session location	Marchwood Inclosure, the white cottage end https://w3w.co/amused.start.richer	Aldermoor Field https://w3w.co/today.into.jazzy	"House in the Woods" For a shorter run out consider parking at Kings Hat (but let coach know) https://w3w.co/ants.purely.miles	"5-Ways" Dibden Inclosure https://w3w.co/round.entire.jumped	"Horseshoe Hill" in Crabhat Inclosure For a shorter run out consider parking at Kings Hat (but let coach know) https://w3w.co/s hort.fresh.grass	Starting on the grass in front of the gravel track from top of "Horestone Hill" to "Nokes Hill" https://w3w.co/s alt.runs.bricks	Hills at the Ipley Crossroads end of Marchwood Inclosure https://w3w.co/s unset.above.dent	Fawley Inclosure where the blue swing used to be. Running towards Dibden inclosure. https://w3w.co/loops.yards.moves
Training Emphasis	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance
Coach	Simon/Andy M	Callum/Karen	Steve/Andy S	Chris/Julie	Andy S/Simon	Ian/Callum	Simon/Paul	Callum/Simon

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1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 31 Aug	Thurs 2 Sept	Tues 7 Sept	Thurs 9 Sept	Tues 14 Sept	Thurs 16 Sept	Tues 21 Sept	Thurs 23 Sept
Details of Session	<p>Efforts</p> <p>An oblong course laid out using cones.</p> <p>Continuous session with effort along the long sides and jog recovery along the short sides.</p> <p>F = 6 M = 5 S = 4</p>	<p>Kenyan Hills</p> <p>Using 5 cones to set the course, each runner will use effort on the upside and jog recovery on the downside of each cone. This = 1 set.</p> <p>Distance recovery between sets</p> <p>F = 5 sets M = 4 sets S = 3 sets</p>	<p>Efforts</p> <p>A "Track" will be measured and marked out using cones.</p> <p>300mtr effort with 100mtr recovery</p> <p>Followed by a 100mtr team relay</p>	<p>Hills</p> <p>Using the 3 hills at Ipley Crossroads, each group will run for 6 mins on each hill, then take a distance recovery before moving to the next hill</p>	<p>800 mtr Efforts</p> <p>Efforts around an 800mtr circuit</p> <p>90 secs Recovery between reps</p> <p>F = 5 M = 4 S = 3</p>	<p>Hilly Circuits</p> <p>F = 5 M = 4 S = 3</p> <p>Laps of a pre determined circuit on "Horestone Hill"</p> <p>Distance recovery between circuits.</p>	<p>Efforts</p> <p>"Pylon to Pylon" (~400mtr) efforts with 90 secs recovery after each effort.</p> <p>F = 7 M = 6 S = 5</p>	<p>PLEASE REMEMBER HI VIZ</p> <p>Single Circuit efforts of "Mountfield"</p> <p>Recovery taken on the walkway between the finish of one circuit and the start of the next.</p> <p>F = 10 M = 8 S = 6</p>
Session location	<p>Top of "Horestone Hill"</p> <p>https://w3w.co/ants.cheer.ashe s</p>	<p>"Tyrol" Track to the right of the gravel track from Horestone hill and Nokes hill.</p> <p>https://w3w.co/dozed.lungs.faster</p>	<p>Park at the "Moonhills" car park on the left along the road leading from Hill Top to Exbury</p> <p>https://w3w.co/photo.beep.royal</p>	<p>3 Hills where Marchwood Inclosure meets Ipley Crossroads</p> <p>https://w3w.co/unset.above.dent</p>	<p>"5-Ways" Dibden Enclosure</p> <p>https://w3w.co/round.entire.jumped</p>	<p>"Horestone Hill" at the Applemore end of the green adjacent to the A326 in Dibden Inclosure</p> <p>https://w3w.co/crowds.empty.flat</p>	<p>The green adjacent to the A326 in Dibden Enclosure</p> <p>https://w3w.co/skill.allow.given</p>	<p>"Mountfield" Crescent off Southampton road, Hythe</p> <p>https://w3w.co/shave.foods.assets</p>
Training Emphasis	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
Coach	Ian/Andy S	Chris/Julie	Andy S/Chris/Simon	Ian/Paul	Simon/Andy M	Callum/Chris	Chris/Sharon	Steve/Brendon