



## Training Schedules – Tues April 13<sup>th</sup> to Thurs June 3<sup>rd</sup> 2021

Please find below the Training Schedule for the next 8 weeks. Following such a long break, it will be "Fantastic" to see everyone back again & our new people! The sessions listed have all been used before, a realistic introduction after the long break. Please take time to read the Risk Assessment regarding the Covid-19 guidelines 'Returning to Run Training'

We now have 8 Coaches / Run Leaders taking the sessions, each will be supported by a named Run Leader. The Coaches welcome feedback on sessions & ideas for improving them, so do let us know if you have any suggestions. Keep Training!

1.Mesocycle	Week 1.		Week 2.		Week 3.		Week 4.	
Days	Tues 13 April	Thurs 15 April	Tues 20 April	Thurs 22 April	Tues 27 April	Thurs 29 April	Tues 4 May	Thurs 6 May
<b>Details of Session</b>	Efforts 30, 45 & 60 secs  recovery 60, 75 & 90 secs between efforts  All groups 4 sets 1.5 - 2 mins between sets	Hilly Circuits  Fast: 6 Medium: 5 Steady: 4  Distance Recovery	800-Metre efforts.  1.5 min recovery between efforts.  Fast: 5 Med: 4 Steady: 3 Laps	Hilly Circuits  2 Groups:  Fast/Med will do 4 x 5 mins  Med/Steady will do 3 x 5mins  Recovery loop through wooded area	30,45,60,45,30 = 1 set  All groups to do 3 sets  Recovery 30 secs between efforts + 90 secs between sets	Kenyan Hills  5 increments = 1 set  Fast to do 5 Med to do 4 Steady to do 3  Distance Recovery	Intervals (course marked by cones)  Fast 4 Medium 3 Steadies 2  Effort on long straight, recovery on the short sides	Hill Reps  45 secs x 3 = 1 set  All groups 4 sets  1.5 min recovery back + additional 1.5 mins between sets
<b>Session location</b>	Top of Horestone hill on the gravel track	Marchwood Inclosure. White Cottage End	"5 Ways" Dibden Inclosure. This is southwest of the main carpark & relates to the point where 5 tracks cross each other.	"Big Dipper" in Dibden Inclosure	Sandy or Gallop track at the bottom of Nokes Hill.	"Tyroll area" in Dibden Inclosure.  Wide path in the tree plantation adjacent to Horestone Hill.	Dibden Inclosure, on the field	'Lonely Pine' For a shorter run out consider parking at Kings Hat (but let coach know)
<b>Training Emphasis</b>	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance
<b>Coach</b>	Chris/Callum	Steve/Tamsin	Andy S/Dan	Ian/Paul	Simon/Andy S	Andy M/Ian	Karen/Andy S	Julie/Chris



## Training Schedules – Tues April 13<sup>th</sup> to Thurs June 3<sup>rd</sup> 2021

1.Mesocycle	Week 5.		Week 6.		Week 7.		Week 8.	
Days	Tues 11 May	Thurs 13 May	Tues 18 May	Thurs 20 May	Tues 25 May	Thurs 27 May	Tues 1 June	Thurs 3 June
<b>Details of Session</b>	Hills  5 mins on each of the 3 hills  Distance recovery	Pyramids  30,60,90,120, 90,60,30 = 1 set with 30 sec recoveries between efforts  All groups to do 2 sets with additional 1.5 to 2 min recovery between sets	Hilly Circuits around Noakes Hill  F – 6 M - 5 S – 4  Distance recovery to marker	Switchback – 1 mile undulating circuit.  F – 5 M/S – 4  Marked recovery	Hilly Circuits  Fast: 6 Medium: 5 Steady: 4  Recovery on the downhill and the straight if necessary	Oblong track. Efforts along long side and jog recovery on the short side. 2 full laps = 1 set (4 efforts)  F - 5 M – 4 S -3	Hills  4 x 45 secs = 1 set  All groups : 3 sets Recovery 90 sec's between efforts + 90 secs between sets	Efforts  45 seconds x 3 = 1 set 90secs recovery between efforts  All groups 4 sets  1.5 min recovery between sets
<b>Session location</b>	Ipley Crossroads.  Marchwood Inclosure	Aldermoor Field  Ipley crossroads, then field on the right just passed the bridge over Beaulieu river	Starting at the bridge at the base of Noakes hill	Switchback circuit Dibden Inclosure	Horseshoe in Crabhat Inclosure For a shorter run out consider parking at Kings Hat (but let coach know)	Oblong track Fawley Inclosure	House in the woods  For a shorter run out consider parking at Kings Hat (but let coach know)	Gravel track in Fawley Inclosure
<b>Training Emphasis</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>	<b>Strength Endurance</b>	<b>Speed/Strength Endurance</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>	<b>Strength Endurance</b>	<b>Speed Endurance</b>
<b>Coach</b>	<b>Chris/Callum</b>	<b>Steve/Tamsin</b>	<b>Andy S/Dan</b>	<b>Ian/Paul</b>	<b>Simon/Callum</b>	<b>Andy M/Tamsin</b>	<b>Karen/Steve</b>	<b>Julie/Simon</b>