# Training Schedule – Tues 29th September – Thurs 19th November 2026

Hardley Runners

Once more we have put together a variety of training sessions, sessions that have proved popular with our Runners over the many years! For those returning from Injury or just a busy summer, have you considered meeting at the venue, to run from Applemore & to return after a tough session can be daunting! For the run out, please meet at Applemore Recreation Centre at the top of the Car Park (W3W). The Run Leaders & Coaches welcome feedback & ideas to improve these sessions.

- For all Autumn & Winter Training Sessions **High Viz Tops are Compulsory** at these sessions!
- We do keep a small supply of High Viz at Apple more Recreation Centre; please speak to the Run Leaders!

**Please find below the Training Schedule for the next 8 weeks. Happy training and running!**

| **1.Mesocycle** | **Week 1** | | **Week 2** | | **Week 3** | | **Week 4** | |
|---|---|---|---|---|---|---|---|---|
| **Day** | **Tues 29 Sep** | **Thurs 1 Oct** | **Tues 6 Oct** | **Thurs 8 Oct** | **Tues 13 Oct** | **Thurs 15 Oct** | **Tues 20 Oct** | **Thurs 22 Oct** |
| **Details of Session** | Pyramids<br><br>Steady:<br>1,2,3,4,3,2,1<br><br>Med:<br>1,2,3,4,4,3,2,1<br><br>Fast<br>1,2,3,4,5,4,3,2,1<br><br>[R] distance between efforts.<br><br>**ETA = 18:45** | Hills<br>Increasing Efforts<br><br>4 Lamp Posts<br>= 1 set<br><br>Fast: 5<br>Med: 4<br>Steady: 3<br><br>[R] distance around Roman Close.<br><br>Note: Please carry out Drills in Roman Close.<br><br>Hazard: Traffic<br><br>**ETA = 18:45** | Winding<br>Shorter Efforts<br><br>Fast: 8<br>Med: 6<br>Steady: 5<br>[ review ]<br><br>**Please wear a head or body torch.**<br><br>**ETA = 18:45** | Working in groups<br><br>Each group leader will set their own Hilly course:<br><br>Working on the hills & [R] downhill. Easy running around the course full effort on those hills!<br><br>*** Leaders: Simon, Aaron, Tamsin, Karen, Chris**<br>**ETA = 18:30** | Figure of 8 with change of pace.<br><br>5k & 10k<br><br>Fast: 6<br>Med: 5<br>Steady: 3<br><br>[R] distance along Heatherstone Rd to cul-de-sac.<br><br>Hazard: Traffic<br><br>**ETA = 19:00** | Shorter Hilly Efforts<br><br>Fast: 7<br>Med: 6<br>Steady: 5<br><br>[R] distance along Hollybank Cres.<br><br>**<u>The Route</u>**<br>*** Solent Drive**<br>***Hollybank Rd**<br>***Hollybank Cres**<br><br>**ETA = 19:00** | Efforts<br>Single Circuits<br><br>Fast: 8<br>Med: 7<br>Steady: 6<br><br>[R] 90 sec approx.<br><br>**N.B. A Long Run out to Session. Please discuss with Run Leader for alternatives.**<br><br>**ETA = 19:10** | Hills<br><br>40 sec efforts<br>(OR as you reach the T. Junction)<br><br>4 x 5 sets<br><br>[R] downhill to start<br><br>[R] 90 to 120 sec between each set.<br><br>**ETA = 18:50** |
| **Session location** | Wellington Cl, Dibden Purlieu<br><br>W3W Location | Nash Rd, Dibden Purlieu<br><br>W3W Location | Junction of Cosworth Drive & Challenger Way, Hythe<br>W3W Location | Meet at Applemore Leisure Centre as usual<br>W3W Location | Heatherstone Ave/Corbould Rd, Hythe<br>W3W Location | Solent Drive Hollybank, Hythe<br>W3W Location | Scotts Payne Drive, Hythe<br>W3W Location | The Vale, Hollybank, Hythe<br>W3W Location |
| **Training Emphasis** | Strength Endurance | Speed Endurance | Strength Endurance | Speed Endurance | Strength & Speed End. | Strength Endurance | Speed Endurance | Strength Endurance |
| **Coach** | Aaron / Paul | Claire/ Karen | Ian/ Tim | Various * | Chris / Dan | Tamsin / Dani | Callum / Dan | Danii / Aaron |

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Meet for the run out at Applemore Recreation Centre at the top of the Car Park (W3W). **High Viz Tops are Compulsory for Autumn/Winter training!**

| **2.Mesocycle** | **Week 5** | | **Week 6** | | **Week 7** | | **Week 8** | |
|---|---|---|---|---|---|---|---|---|
| **Day** | **Tues 27 Oct** | **Thurs 29 Oct** | **Tues 3 Nov** | **Thurs 5 Nov** | **Tues 10 Nov** | **Thurs 12 Nov** | **Tues 17 Nov** | **Thurs 19 Nov** |
| **Details of Session** | Kenyan Hills<br><br>5 Markers = 1 set<br><br>Fast: 5<br>Med: 4<br>Steady: 3<br><br>[R] 90 to 120 sec.<br><br>**ETA = 19:00** | 300m Efforts<br><br>Fast: 9<br>Med: 7<br>Steady: 5<br><br>[R] 90 secs: Alternate ends of Lime Walk.<br><br>Start: opposite the gate of Lime Cottage.<br><br>**ETA = 18:45** | Hilly Circuits<br><br>Fast: 6<br>Med: 5<br>Steady: 4<br><br>Don't forget that fast finish along Heatherstone Rd.<br><br>[R] around the Horseshoe<br><br>**ETA = 19:05-19:10** | Efforts<br><br>30 sec x 4 = 1 set<br><br>Sets x 5<br><br>[R] 70 secs return<br><br>[R] 90 secs between sets approx. times<br><br>**ETA = 19:00** | Three Hills<br><br>5 min: x 3<br><br>[R] 2 min<br><br>a. Copsewood<br>b. Laural Close<br>c. Hawthorn Rd<br><br>**ETA = 18:55-19:00** | Long Circuits<br>0.9 mile<br><br>Fast: 5<br>Med: 4<br>Steady: 3<br><br>[R] around the Horseshoe.<br><br>Hazard: as you run around Beverley Rd.<br><br>**ETA = 19:05-19:10** | Hilly Circuits<br><br>Fast: 6<br>Med: 5<br>Steady: 4<br><br>[R] in Hawthorn Close: 2 min<br><br>Route<br>Sycamore Rd, Fern Rd & Lanehayes Rd.<br><br>Hazard : Traffic Sycamore Rd.<br><br>**ETA = 18:55-19:00** | 800m Efforts<br><br>Fast: 6<br>Med: 5<br>Steady: 4<br><br>[ review no: of efforts ]<br><br>[R] 90 to 120 sec<br><br>Start: Noads Way North Rd Junction.<br><br>Working in pairs, alternating the lead.<br><br>**ETA = 18:45** |
| **Session location** | Malwood Rd West, Hollybank<br><br>W3W Location | Lime Walk, D.P.<br>W3W Location | 'The Horseshoe', Heatherstone Rd, Hythe<br>W3W Location | Righthand side of the Marina, Hythe<br>W3W Location | Sycamore Rd, Hollybank, Hythe<br>W3W Location | 'The Horseshoe', Heatherstone Rd, Hythe<br>W3W Location | Sycamore Rd, Hollybank, Hythe<br>W3W Location | North Rd/Noads Way Junction, Hythe<br>W3W Location |
| **Training Emphasis** | Strength Endurance | Speed Endurance | Strength Endurance | Strength Endurance | Strength Endurance | Speed Endurance | Strength Endurance | Speed Endurance. |
| **Coach** | Claire / Callum | Danii / Julie | Ian / Dan | Aaron / Claire | Chris / Paul | Tamsin / Ian | Julie / Paul | Karen / Tim |