

Hardley Runners Training session for March 2010

Please note this is the plan as at 1 March and the actual routes may vary

Click on a link below to see the session

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[Road Session in Hythe](#)

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Tuesday 2 March 2010

A Dale Road right up Hillview Road, right down Lanehays Road, left along Dale Road, right up Malwood Road West, right up Hollybank Road, left along Dale Road. X 3.

D. Dale Road right up Copsewood Road, right down Lanehays Road, left along Dale Road, right up Hollybank Road, right along Hollybank Crescent, right up Solent Drive, left down Hollybank Road, left along Dale Road. X 3

C. Dale Road right up Hollybank Road, right along Hollybank Crescent, right up Solent Drive, left down Hollybank Road, left along Dale Road. X 3

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Thursday 4 March 2010

Hill session on Roseberry Avenue up to Butts Bridge Road, 2 mins up 3 mins back down X 3 x 2

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Tuesday 9 March 2010

Peartree Road left along Water Lane, right along Mullins Lane, left along Orchard Road, right along Peartree Road x 3 x 3

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Thursday 11 March 2010

- A. Heatherstone Avenue right along Arnwood Avenue, right along Beverley Road, right along Heatherstone Avenue at 5 Km straight into Heatherstone Avenue left into Armitage Avenue, left along Crete Road, left along Corbold Road, left along Heatherstone Avenue at 10 Km pace. X 4
- B. Heatherstone Avenue right along Arnwood Avenue, right along Beverley Road, right along Heatherstone Avenue at 5 Km straight into Heatherstone Avenue left into Armitage Avenue, left along Crete Road, left along Corbold Road, left along Heatherstone Avenue at 10 Km pace. X 3
- C. Heatherstone Avenue left into Armitage Avenue, left along Crete Road, left along Corbold Road, left along Heatherstone Avenue at 5 Km pace straight into Heatherstone Avenue left into Armitage Avenue, left along Crete Road, left along Corbold Road, left along Heatherstone Avenue at 10 Km pace. X 3

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Tuesday 16 March 2010

Fartlek session around Dibden, Dibden Purlieu, Butts Ash, Hythe.

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Thursday 18 March 2010

Road Session in Hythe

- A. Hollybank Crescent, right up Hillview Road, right along Dale Road, right down Ferry Road x 3.
- B. Hollybank Crescent, left along Fairview Drive, left along Hollybank Road, left along Dale Road, left down Ferry Road x 2.
- C. Hollybank Crescent, right up Hillview Road, right along Dale Road, right down Ferry Road x 3.

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Track session at Southampton

- A. 400m x 3
- B. 1200m x 1
- C. 400m x 3

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Tuesday 23 March 2010

Endurance three courses around Dibden, Dibden Purlieu, Butts Ash, Hythe at 10 Km pace.

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Thursday 25 March 2010

- 1. Noads Way left along Lime Walk, left along North Road, left along Noads Way.
- 2. Noads Way left along Peartree Road, left along Water Lane, left along North Road, left along Noads Way.
- A. = 1 x 3
- B. = 1 x 1, 2 x 1, 1 x 1
- C. = 2 x 1, 1 x 1

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Tuesday 30 March 2010

1. Noadswood School Gate down pathway bear right out onto Challenger Way right along Challenger Way, right along Water Lane, right along North Road to School Gates.
 2. Noadswood School Gate left along Water Lane to Orchard School, turn around and back to School gates.
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- A. 1 x 3.
 - B. 2 x 3

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Thursday 1 April 2010

- A. Roman Road, left along Nash Road, right along North Road, left along Beaulieu Road, Langdown Lawn, Southampton Road, left along Hollybank Crescent, right along Malwood Road, right along Hollybank Road, left along Southampton Road, left along Claypits Lane, Applemore.
- B. Roman Road, left along Nash Road, right along North Road, left along Lime Walk, left along Noads Way, left along Beaulieu Road, Langdown Lawn, Southampton Road, left along Hollybank Crescent, right along Malwood Road, right along Hollybank Road, left along Southampton Road, left along Claypits Lane, Applemore.
- C. Roman Road, left along Nash Road, Water Lane, left along Challenger Way, right along The Mead, left down Lanehays Road, left along Dale Road, right up Lower Mullins Lane, left along Southampton Road, left along Claypits Lane, Applemore.

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