



## Training Schedules Tuesday July 10<sup>th</sup> to Thursday August 30<sup>th</sup> 2018

Please find below the Training Schedule for the next 8 weeks. There are two Social Runs planned on July 26<sup>th</sup> & August 30<sup>th</sup>. As August approaches we see the end of the track sessions at Hardley School, but we will finish with another chaotic but fun Family evening on August 7<sup>th</sup>.

As a result of positive feedback we have included another Paarlaf session on August 14<sup>th</sup>.

The coaches welcome feedback on the sessions & ideas for improving them, so please let us know if you have any comments or suggestions.

1. Mesocycle (4 weeks)	Week 1		Week 2		Week 3		Week 4	
Days	Tues 10 <sup>th</sup> July	Thurs 12 <sup>th</sup> July	Tues 17 <sup>th</sup> July	Thurs 19 <sup>th</sup> July	Tues 24 <sup>th</sup> July	Thurs 26 <sup>th</sup> July	Tues 31 <sup>st</sup> July	Thurs 2 <sup>nd</sup> August
<b>Details of session</b>	<b>Hilly Circuits</b>  2 Groups  F/M 4 x 5 mins M/S 3 x 5 mins  Recovery around wooded area	<b>Meet &amp; Greet</b>  In pairs  Recovery 1.5 mins to 2 mins after 8	<b>Timed Pyramids</b>  30,60,90,120,120,90,60,30  All groups 2 sets  Beginners 1 set	<b>Hills</b>  3 x 6 mins on each of the hills.  Distance recovery down gravel track	<b>800m Circuits</b>  Fast x 5 Medium x 4 Steady x 3 Beginners x 2	<b>Social Run</b>  The distance will be around 5-6 miles.  No one is left behind. A nice sociable running pace.  Don't forget the post run drink!	<b>Continuous Efforts</b>  100m Effort 200m Recovery  Fast x 10 Medium x 9 Steady x 8 Beginners x 7	<b>Continuous Hills</b>  Fast x 6 Medium x 5 Steady x 4 Beginners x 3  Recovery on the downhill & if needed along the straight
<b>Session location</b>	Big Dipper. Didden Inclosure	Hardley School, Long Lane, Holbury SO45 2PA	Hardley School, Long Lane, Holbury SO45 2PA	Ipley Crossroads	5 Ways, Dibden Inclosure	TBC	Hardley School, Long Lane, Holbury SO45 2PA	Horseshoe in Crabhat Inclosure
<b>Training emphasis</b>	Strength Endurance	Speed Endurance	Speed Endurance.	Strength Endurance	Strength Endurance	Fun & Friendship	Speed Endurance.	Strength Endurance
<b>Coach</b>	Steve	Andy	Chris	Ian	Steve	Ray	Andy	Ian



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2. Mesocycle (4 weeks)	Week 1		Week 2		Week 3		Week 4	
	Days	Tues 7 <sup>th</sup> August	Thurs 9 <sup>th</sup> August	Tues 14 <sup>th</sup> August	Thurs 16 <sup>th</sup> August	Tues 21 <sup>st</sup> August	Thurs 23 <sup>rd</sup> August	Tues 28 <sup>th</sup> August
<b>Details of session</b>	<b>Family Fun Evening</b>	<b>Hilly Circuits</b>  Fast x 6 Medium x 5 Steady x 4 Beginners x 3  Distance Recovery	<b>Paarlauf Session</b>	<b>Efforts</b>  45 secs x 4 = 1 set  Everyone to do 3 sets, except beginners 2 sets.  Recovery 1.5 between sets	<b>Hilly Circuits</b>  Fast x 6 Medium x 5 Steady x 4 Beginners x 3  Set distance recovery	<b>Intervals (course marked out by cones)</b>  Fast x 4 Medium x 3 Steady x 2 Beginners x 2  Effort on long straight, recovery on the short.  Recovery 1.5-2mins	<b>Kenyan Hills</b>  5 Increments = 1 set  Fast x 6 Medium x 5 Steady x 4 Beginners x 3  Set distance recovery	<b>Social Run</b>  The distance will be around 5-6 miles.  No one is left behind. A nice sociable running pace.  Do forget the post run drink!!
<b>Session location</b>	Hardley School, Long Lane, Holbury SO45 2PA	Marchwood Inclosure, White Cottage End	Hardley School, Long Lane, Holbury SO45 2PA	Fawley Inclosure, near the rope swing	Nokes Hill, Dibden Inclosure	Dibden Inclosure, on the field	The Tyrol, Dibden Inclosure	TBC
<b>Training emphasis</b>	Fun	Strength Endurance	Speed Endurance	Speed Endurance	Strength Endurance	Speed Endurance	Strength Endurance	Fun & Friendship
<b>Coach</b>	Chris	Steve	Andy, Chris. Leonora to help	Chris	Ian	Andy	Chris	Ray